

Anthony De Mello's Collected Speech (Anthony DeMello)

Transcribed using speech to text from the following audio recordings:

- 1) Anthony De Mello Awareness Wake up Seminar
- 2) Anthony De Mello Way to God for Today
- 3) Anthony De Mello Lovesprings
- 4) Anthony De Mello Rediscovery of Life
- 5) Anthony De Mello How to Pray, How to Love, How to be Real

spirituality

means

waking up

most

people

even though they don't know it

are asleep

they're born asleep

they live asleep

they marry

in their sleep

they breed children in their sleep

and they die in their sleep without ever

waking up

they never understand

the loveliness

and the beauty

of this thing that we call

human existence you know

all mystics

catholic

christian

non-christian they're all unanimous no

matter what's their theology no matter

what their religion they're all

unanimous on one thing

and that one thing is

all is well

all is well

everything's in a mess

and all is well

strange paradox

but tragically most people never get to

see that

they never get to see

that all is well

because they're asleep

they're in a nightmare

you know talking about sleeping reminds

me last year on spanish television i saw

a nice little story there's this elderly

gentleman who knocks at the door

of his son who's fast asleep he says

jaime

wake up

and jaime says i don't want to get up

papa

and the old man says get up you've got

to go to school

and jaime says i don't want to go to
school

why not says the old man because

first it's so dull

second

the kids all tease me

and third i hate school

so the old man says i'm going to give

you three reasons why you must go to

school

first because it is your duty

second

because you're 45 years old

and third because you're the headmaster

i gotta go to school

wake up wake up

you're grown up

you're too big to be asleep wake up stop

playing with your toys

most people tell you that they want to

get out of kindergarten but don't

believe them

don't believe them

all they want for you to do

is to mend their broken

toys

give me back my wife

give me back my job

give me back my money

give me back

my reputation

my success this is what they want they

want their toys repaired

that's all

now even the best psychologists will

tell you that they'll tell you people

don't really want to be cured

what they want is relief

a cure

is

painful waking up is unpleasant you know

you're nice and comfortable in bed

and at least as long as you're asleep

it's irritating to be woken up

that's the reason why i told you the

wise guru

will not

attempt

to wake

people up

i hope i'm going to be wise these days

and make no attempt whatsoever to wake

you up if you're asleep

none of my business

my business is to do my thing to dance

my dance

if you profit from it

fine

if you don't

too bad

as the arabs say

the nature of the rain is the same

but it grows thorns in the marshes and

flowers in the garden

do you think i'm going to help anybody

oh no no no no

i don't expect to be able to be of help

to anyone

and i don't expect to do damage to

anyone if you're damaged

you did it

and if you're helped

you did it you really did

we'll come to that later when i

challenge your beliefs

you think people help you they don't

you think people support you they don't

i had an interesting example of a woman

in a therapy group

she was a sister she was a religious

and she said to me you know i don't feel

supported by my superiors

listen to this one now

and i said what do you mean by that and

she said well look at my superior the

provincial superior she never shows up

at this novicit where i am she never

shows up never says a word of

appreciation

so i said to her all right let's do this

i know your provincial superior let's do

a little role-playing i know exactly

what she thinks about you how would that

be and she said fine all right so i said

you know mary acting the part of the

provincial superior now i said you know

mary

the reason why i don't come to that

place you're in is that's the one place

in the province that's trouble free

no problems

i know you're in charge so all is well

how do you feel now and mary said i feel

great i said all right now would you

leave the room for a minute or two

this is part of the exercise so she did

when she now when she was away i said to

the group i'm still sister mary jane the

provincial okay

uh mary out there

is the worst novice directors we've had
in the whole history of the province
in fact i don't go to the navisit
because i can't bear to see what she's
up to oh it's awful
and if i tell her the truth she's only
going to make those novices suffer all
the more we're getting somebody to take
a place within a year or two we're
training someone so in the meantime i i
sort of say these nice words to her and
keep her going
what do you think of that they said well
it's the only thing you can do
all right come on in mary so mary comes
in
how do you feel she says i feel great
you feel supported by your superior yeah
i feel supported
question
who was supporting mary
god she says
oh god why did she drag him in now
that's good that's good that's right all
right
so poor barry
there it was she thought she was being

supported

you think you're in love with somebody

well i got news for you

you're never in love with anyone you're

only in love

with your prejudiced

and hopeful

idea

of that person

want a minute to think about that

you're never in love with anyone

you're in love

with your prejudiced idea of that person

with your hopeful idea

of that person are you really in love

with the person

well

how come you fell out of love

your idea changed isn't it

how could you have let me down when i

trusted you so much did you really trust

me

you never trust anyone come off it

that's part of the brainwashing

of your society and mine

we never trust anyone

you're only trusting your judgment about

that person so what are you complaining

about

you don't like to say

my judgment was lousy that's not very

flattering to you is it

so you prefer to say how could you have

let me down

so there it is

people don't really want to grow up

people don't really want

to change people don't

really

want

to be happy

as someone has said so wisely

don't try to make them happy

you'd only get into trouble

like the guy who gets into a bar

uh sits down

and he sees this fellow with a banana in

his ear

a banana in his year

and he says uh

i wonder if i should tell him that

and he thought

none of my business

he thought

maybe i ought to tell him so after he'd

had a drink or two he says excuse me

uh you got a banana in your ear

so the guy said what

he says you got a banana in your ear

what was that

you got a banana in your ear he said

talk louder i got a banana in my ear

[Laughter]

it's useless give up give up give up

say your thing

and get out of here

and if they profit that's fine and if

they don't too bad

so now the first thing

i want you to understand if you really

want to wake up

is

that you don't want to wake up

the first step

to understanding or to waking up

is to be honest enough to admit to

yourself

that you don't like it

you don't want to be happy you want a

little test

let's try it it'll take you exactly one

minute you could close your eyes while

you're doing this little exercise you

could keep it keep your eyes open it
doesn't really matter but listen to this
think of someone you
so-called love
very much
someone you're close to
someone who is precious to you
and say
i'd rather have happiness
then have you
see what happens
i'd rather be happy
than have you
if i had a choice
no question about it
i choose happiness
how many people felt selfish when they
said this would you raise your hands
isn't that wonderful
see how we've been brainwashed
see how we've been brainwashed into
thinking how could you be so selfish
look who's being selfish
just imagine somebody says
how could you be so selfish that you
choose happiness over me
who's being selfish now

how could you be so selfish that you
would demand that i choose you
above my happiness
when i was a child in the eighth grade a
jesuit cousin of my mother dave the
treynor at the jesuit church in
milwaukee and he opened each of the
conferences with this lord for the test
of love is sacrifice and the gauge of
love is unselfishness so i think you
should love it that's marvelous
she speaks about a jesuit who says
the test of love
is sacrifice
and the gauge of love
is
selflessness
unselfishness but now tell me
would you want me to love you
at the cost of my happiness
yes
she said yes
isn't that delightful
you're great you're tremendous you're
tremendous
now
what's your name
okay clare now wouldn't that be

wonderful

that you would love me at the cost of

your happiness and i would love you at

the cost of my happiness and you got two

unhappy people but long live love

we were saying

we don't

want

to be happy

we want other things

or let's put it more accurately

we don't want to be unconditionally

happy

i'm ready to be happy provided

i have this and that and the other and

you know what we're really saying

we're saying

you are my happiness

to our friend

or to our god

or to anything

you are my happiness if i don't get you

i refuse to be happy

and it's so important

to understand that

yes

give me your name

jenny yes jenny

is it so much that we don't want to be

happy or that we cannot imagine being

happy without all of us

all right that's uh pretty well put

wouldn't it rather be

that we cannot imagine being happy

without all those things

that's pretty accurate jenny yes

and that's the reason why we don't want

it because we cannot conceive

of the fact that we would be happy

without all of those things

we've placed our happiness we've been

taught

to place

our happiness

in all of those things

so that's the first thing we need to do

if we want to come awake

which is the same thing as saying

if we want

to love

if we want

freedom

if we want

joy

and peace

and spirituality

in that sense spirituality

is the most practical thing

in the whole wide world

i challenge anyone

to think of anything more practical

than spirituality as i have defined it

not piety not devotion not religion not

worship spirituality waking up

wake up

look at the heart ache everywhere

look at the loneliness

look at the fear

the confusions

the conflicts in the hearts of people

inner conflict outer conflict

suppose somebody gave you a way of

getting rid of all of that

suppose somebody gave you a way of

stopping that tremendous drainage of

energy

of health

of the emotions that come from these

conflicts and confusions

would you want that

suppose somebody showed us a way where

we would truly love one another

and be at peace at last can you think of
anything more practical than that
but here you have people thinking that
big business is more practical or
politics is more practical or science is
more practical what's the earthly youth
the earthly use of putting a man in the
moon when we cannot live on the earth
this psychology more practical nothing
is so practical is this what can the
poor psychologist do he can only relieve
the pressure
i'm a psychologist myself and i practice
psychotherapy but you know i have this
great conflict within me
when i have to choose sometimes
between psychology and spirituality
i wonder if that makes sense to anybody
here it didn't for many years all right
i'll explain that
i'll explain that you know it didn't
make sense to me for many years
until i suddenly discovered
that people have to suffer enough
emotionally
before they're ready to wake up
and what i was doing as a
psychotherapist was

easing the suffering
people have to suffer enough in a
relationship
that they'd get disillusioned
with all
relationships isn't that a terrible
thing to say
they've got to suffer enough in a
relationship before they wake up and say
i'm sick of it
there must be another way of living
than depending on another human being
and what was i doing as a
psychotherapist they were coming to me
with their
relationship problems with their
communication problems etc and sometimes
that was a help and sometimes i'm sorry
to say it wasn't because it kept them
sleep
maybe they should suffer a little more
maybe they ought to touch rock bottom
before they say i'm sick of it all
it's only when you're sick of your
sickness
that you'll get out of it
most people

uh

well they they go to a psychiatrist or a

psychologist

to get relief

to get relief

you know the story of little johnny who

was mentally

they said he was mentally the

poor kid

but he evidently wasn't as you learn

from the story i'm going to tell you

because he goes to modeling class

in a school for special children and

he gets uh plasticine and he's modeling

it

he takes his little lump of plasticine

and goes to a corner of the room and he

he's playing with it so the teacher goes

up to him and says hi johnny

johnny says

[Applause]

and she says what's that you got in your

hand

he says this is a lump

of cow dung

she said what are you making out of it

he says i'm making a teacher

so teacher thought little johnny has

regressed she saw that she saw the
principal passing by in the corridor and
she said johnny's regressed so the
principal goes up to him and says hi son
and johnny says hi
he says what have we got in your hand he
says a lump of cow dung
say what are you making out of it and he
says

a
principle the principal said this is the
case for the school psychologist sent to
the psychologist the psychologist was a
clever guy he goes up he says hi
johnny says hi

he says i know what you got in your hand
what

a lump of cow dumb

he says right

and i know what you're making out of it
what

you're making a psychologist

no not enough cow dog

there are times

when psychotherapy

is a tremendous help because you know

when you come to that point where you're

about to get insane

raving mad you're about to become either

a psychotic or a mystic

because that's what the mystic is

you know one sign that you've woken up

you're asking yourself am i crazy or are

all of them

really is

because they're crazy the whole world is

crazy

they're living on crazy ideas about love

about relationships about happiness

about joy

about everything they're crazy

to the point that i've come to believe

that if everybody's saying something you

can be sure it's wrong

sure

every new idea every great idea

when it first began

was in a minority of one

that guy called jesus christ minority of

one

everybody was saying something different

buddha minority of one

everyone was saying something different

in fact it's even worse

i think it was bertrand russell who said

every great idea
starts out
as a blasphemy
that's well and accurately put you're
going to hear lots of blasphemies during
these days
he has blasphemed
because they're crazy
the lunatics
and the sooner you see this the better
for your mental and spiritual health
don't trust them
don't trust your best friends get
disillusioned with your best
friends
they're very clever
as you are
when you're dealing with everybody
though you probably don't know it oh
you're so wily and subtle and clever
you're putting on a great act and not
being very complementary am i but you
want to wake up
you're putting on a great act aren't you
and you don't even know it you think
you're being so loving haha whom are you
loving even

when you go in for self-sacrifice as
claire was telling us a little while ago
gives you a good feeling doesn't it me
i'm sacrificing myself
i'm living up to my ideal
boy you're getting something out of it
aren't you
you're always getting something out of
everything you do
until you wake up
so there it is
step one
realize
that you don't want to wake up
it's pretty difficult to wake up when
you have been hypnotized into thinking
as i said to you before
that a scrap of old newspaper
is a check for a million dollars you're
hypnotized
how difficult it is to tear yourself
away
from that scrap of newspaper
anytime you're practicing renunciation
you're deluded
how about that now
you're deluded
what are you

renouncing anytime you renounce

something

you're tied forever to the thing you

renounce

there's a guru in india he says every

time

cute comes to me

she's talking about nothing but god she

says i'm sick of this life i'm living i

want god

he says every time a priest comes to me

he's talking about nothing but sex

he's full of sex

tied to it forever as long as you're

fighting it

a you're giving it power

you give it as much power as you are

using to fight it

you must receive your demons

because when you fight them

you empower them but nobody ever told

you this

and when you renounce something

you're tied to it the only way to get

out of this is to see through it don't

renounce it see through it

understand its true value you won't need

to renounce it it'll just drop
but of course if you don't see that if
you're hypnotized as i told you
you've been hypnotized into thinking
that you won't be happy as jenny there
was saying into thinking that you won't
be happy without this or that or the
other so you're stuck
what we need to do for you
is not
what so-called spirituality is
attempting to do
to get you to make
sacrifices to get you to renounce things
that's useless
you're still sleeping what we need to do
for you
is to help you
to understand
understand understand if you understood
you drop it
which is another way of saying
if you woke up
you'd drop it
how does one wake up
well i told you
some people some of us get woken up
by the harsh realities of life

suffer so much we wake up
most people keep bumping again and again
into life
but they still go on sleep walking they
never wake up
tragically
it never occurs to them that there may
be
another way
never occurs to them
that there may be
a better way
now
if you haven't been
bumped sufficiently by life
and you don't suffer enough then there
is another way
a
to listen
if you are ready to listen
during these days not to agree with what
i'm saying that wouldn't be listening
and believe me it really doesn't matter
you're going to find this hard to
understand but it really doesn't matter
whether you agree with what i'm saying
or you don't

because as i should explain to you later

agreement

and disagreement

has to do with words

and concepts

and theories

it doesn't have anything to do with

truth

truth is never expressed in words

truth is cited

suddenly

as a result of a certain attitude

and you could be disagreeing with me

and you might cite the truth

but it has to be an attitude of openness

of willingness to discover

something new

that's important not your agreeing with

me or disagreeing with me

now

i can tell you is not the truth but the

obstacles to the truth

those i can describe i cannot describe

the truth no one can

all i can give you is a description of

your falsehoods

so that you can drop them

all i can do for you is to challenge

your beliefs and your belief system
that makes you unhappy
to point out your errors all i can do
for you is help you to unlearn
that's what learning is all about
where spirituality is concerned
unlearning
unlearning almost everything you've been
taught
a willingness to unlearn
so to listen are you listening as most
people do
in order to find something that would
confirm what they already think
observe your reactions as i talk
frequently
you'll be startled
or shocked
or scandalized
or irritated or annoyed or frustrated
or you'll be saying yay
great
hey
are you listening for what will confirm
what you already think or are you
listening in order to discover something
new that's important

that's difficult

for sleeping people

jesus

proclaimed the good news

he was rejected

not because it was good

he was rejected

because it was new

we hate the new

we hate it

and the sooner we face up to that fact

the better

we don't want new things

particularly when they're disturbing

particularly they involve change

particularly if it involves

saying

i was wrong

i remember meeting an 87 year old jesuit

in spain

had been my professor and rector in

india

oh 30 years ago

and he attended a workshop like this he

said to me

i should have heard you about 60 years

ago

you know something

i've been wrong all my life

god

to listen to that

is like

looking at one of the wonders of the

world

that

ladies and gentlemen is faith

and openness to the truth no matter what

the consequences

matter where it comes from

no matter where it leads you you don't

even know where it's leading you that's

faith

not belief

faith

your beliefs give you a lot of security

don't they

faith is

insecurity you don't know

you're ready to follow

and you're open

you're wide open you're ready to listen

and mind you being open does not mean

being gullible

it doesn't mean swallowing whatever the

speaker is saying oh no no no you've got

to challenge everything i'm saying

but challenge it from an attitude of

openness

openness and challenge it all

those lovely words of buddha

when he said

monks and scholars

must not accept my words out of respect

but they must analyze them the way a

goldsmith analyzes gold

rubbing

cutting

melting that's the way to do it

challenging

testing

then you're listening

then you've taken another major step

towards

awakening

the first step i said was a readiness to

admit

that you don't want to wake up

you don't want to be happy there are all

kinds of resistances within you to that

the second

step

a readiness to understand

to listen

to challenge your whole belief system

not just your religious beliefs

your political beliefs your social

beliefs

your psychological beliefs

all of them

a readiness

to reappraise them all

and i'll give you plenty of opportunity

to do that here

even

your most selfless acts are really

selfishness

masquerading under the form of altruism

let's let's simplify it let's make it

as simple as possible how would this be

uh

the two types let's

make it as

blunt and extreme as possible to begin

with

the two types of selfishness

the first type

is the one

where

i

give myself the pleasure

of pleasing myself

that's what we generally call

self-centeredness

the second one

is

when i give myself the pleasure of

pleasing others

how would that be

more refined kind of selfishness huh

yes

i think the first one is very obvious

but the second one is very hidden very

hidden that's right and so more

dangerous

because then we get the feel

we're really great but maybe we're not

all that great but somebody else is

protesting that's great

go ahead yes yes

i think it's a two-way street isn't it

because i have in my own case i'm a

widow i live alone

and i go to the rectory and give several

hours of my time but i really know that

i'm doing it out of a selfish reason

because i need to be needed and i also

need to be

you know needed in a way that

uh makes me feel like i'm contributing
to the world a little bit but the other
thing is they also need me though to do
this work so it's kind of like a
situation give me your name you're
almost enlightened
we gotta learn from this lady
what did you say your name was
julia julia that's right that's right
she's saying i give something i get
something
i go out to help
i give something i get something that's
beautiful
that's true
that's real
that isn't charity
that's enlightened self-interest
yes joe
yes joe tony i'd like to
have you put two things together
one the gospel of jesus
is the gospel of ultimate selfishness
the achievement of eternal life
by acts of charity
i'm blessed with my father when i was
hungry you gave me to eat myself

so therefore the gospel of jesus is a
gospel of ultimate self-interest
achieved through acts of charity
perfect confirmation of what you said
when we look at jesus himself was not
the performance of acts of charity by
jesus
act of ultimate self-interest
in other words to win
souls for eternal life so that
isn't the whole
trust and meaning of life
the achievement of ultimate
self-interest by acts of charity
all
right that's
that's a tough one isn't it
but now you see joe there's cheating a
bit because he brought religion into
this
but it's it's legitimate it's valid now
how would it be if i deal with the
gospels with the bible with jesus at the
end joe towards the end of this workshop
but i will say this much to complicate
it even more you know i was hungry and
you gave me to eat
i was thirsty and you gave me the drink

where did we do it we didn't know it
unself-conscious
so i sometimes have a horrid fantasy
where the king is saying i was hungry
and you gave me to eat
and the people on the right say
that's right lord we we we know i wasn't
talking to you
it doesn't fit into the script
you're not supposed to have known
isn't that interesting
you know your inner pleasure while
you're doing it ah
that's right it's like like julia there
she says
what's so great about what i did
i did something i got something
i had no notion i was doing anything
good my left hand had no idea what my
right hand was doing
you know
a good
is never so good
as when you have no awareness
that you're doing good
you are never so good as when you have
no consciousness that you're good or as

the great sufis would say

a saint is one

until he or she

knows it

unself-conscious

uh or i guess it's a comment really on

eternal life

let's bring it down away from religion

for a minute say this pleasure that you

receive in giving isn't that eternal

life right here and now oh i wouldn't

know

i call pleasure pleasure

you know it's a but

for the time being until we get into

religion

maybe for the

the religionists among you

uh we get into religion towards the end

okay

but i want you to understand something

right at the beginning that religion is

not

repeat not

necessarily connected with spirituality

does that make sense to you yes my

you're you're tremendous you know

you're tremendous yes thinking please

keep religion out of this all right i

will

for the time being

somebody had his hand up there

uh yes

is it true that everything we do

has about six seven ten mixed motives in

it and i think i hear you saying it

would be good if we stand back and try

to figure out what some of the less

worthy motives are the less worthy

motives all right did you hear that

uh she says everything we do have about

six seven ten motives to it we could if

we step back and saw the less worthy

ones

the less worthy ones are awful

and the worthy ones are

selfish

but we'll keep that between the two of

us okay we won't tell anyone

we won't tell anyone yes

who jumps on a grenade and falls on it

too

to keep it from exploding all right how

about the soldier who jumps on a grenade

and uh

you know sort of gets killed to keep it
from exploding on others
you read about that guy
who got into a truck
a truck full of dynamite and drove into
the american camp in beirut a couple of
years ago how about that guy greater
love than this no one has but the
americans don't think so
that's right he did it deliberately he
was terrible wasn't he
but he wouldn't think so i assure you of
that
he thought he was going to heaven that's
right just like your soldier
no but i think the other is unconscious
you do it reflexively
all right yes you know uh
i'm not excluding
an act
where there is no self
where you awake
and what you do is done through you
your deed
becomes a happening
oh i'll have to explain that as we go
along let it be done unto me
i'm not excluding that

but when you do it
i'm searching for the selfishness
even if it is only i'll be remembered as
a great hero
or i'd never be able to live
if i didn't do this
i'd never be able to live with the
thought that i ran away
remember i'm not excluding the other
i didn't say
did i
that there never is an act
where there is no self
maybe there is we'll have to explore
that
how come she's not saving
the neighbor's
child
aha
hers
a soldier dying for
his
country
you know lots of those deaths bothered
me
are the result of brainwashing lots of
martyrs you got an idea in their head

gotta die

it's a great thing

you gotta do it they feel nothing they

go right in

not all of them

so you better listen to me properly i

didn't say all of them but i wouldn't

exclude the possibility

lots of communists get brainwashed now

you're ready to believe that one huh

they're brainwashed they're ready to die

i sometimes say the process

that we use

for making a saint francis xavier

could be exactly the same process used

for producing the terrorist no

difference in the process

the man who gets into a 30-day retreat

and comes out all aflame

with the love of christ

and without the slightest bit of

self-awareness

none

he could be one

big

pain

well i'm glad to see you filled in the

blanks

and quite unaware of it
he thinks he's a great thing
without meaning to slander old francis
xavier who probably was a great saint he
was a difficult man to live with you
know
and he was a lousy superior
he really was you want to do your
historical investigations
ignatius was always having to step in to
undo the harm that this good man was
doing in his intolerance
you need to be pretty intolerant to
achieve
that kind of feat
go go go go go no no matter how many
corpses fall by the wayside
and uh
some critics of francis xavier claim
exactly that he was dismissing men from
our society
quite blightly
they'd appeal to his saint ignatius who
would say come on to rome we'll talk
about it and he was surreptitiously
getting them in again
how much self-awareness was

there uh who are we to judge we don't

know

i'm only talking about the possibility

yes

no i'm saying that ordinarily

we do

is

in our self-interest

everything

you're doing something for the love of

anybody

in your self-interest

oh we'll have to explain that

tell me something you did or someone

could do for the love of

christian state

[Music]

i'm so happy to hear that i really am

i'll tell you why

yes sometimes it doesn't that's the

worst kind of charity

because there are some people and thank

god you're not in their number

who do things

so that they won't have a bad feeling

and they call that charity

they're guilty

that isn't love

now thank god you're doing things for

people

and it's pleasurable wonderful

you're a healthy individual

um

when you were talking about saint

francis i like a quote that oh that i

read that he said it said nothing is as

strong as gentleness and nothing is as

gentle as real strength and then harry

he talked about saying francis i just

said somewhere in his life he must have

had this conversion or transformation or

become a waste that

do you think everything we say we

practice

yes

let me let me summarize

what i was saying

about what we call

selfless charity

uh

i said there are two types of

selfishness maybe i should have said

three

first

when

i do something

or rather when i give myself the

pleasure of pleasing

me

second

when i give myself the pleasure

of pleasing

others

don't take pride in that now don't think

you're a great guy you're a very

ordinary guy

but you got refined taste

your taste is

not good

quality of your spirituality or anything

of that sort you know when you were a

kid you liked coca-cola now you've grown

older and you appreciate chilled beer on

a hot day you've got better taste when

you were a kid you love chocolates now

you're older you enjoy a symphony you

enjoy a poem ah you got better tastes

but you're getting your pleasure all the

same

all right and then you've got the third

type which is the worst

when you do something

so that you won't get a bad feeling

don't give doesn't give you a good
feeling to do it gives you a bad feeling
to do it
you hate it
you're making sacrifices you're
grumbling you're complaining
you think we don't do things that give
us a bad feeling ha
how little you know of yourself if you
think that you don't do things
if i had a dollar for every time i did
things that gave me a bad feeling i'd be
a millionaire by now
you know
uh could i meet you tonight father
yeah yeah come on in i don't want to
meet him
i hate meeting him i want to watch that
tv show tonight but how do i say no to
him i haven't got the guts to say no
problem come on in
and i'm thinking oh god i've got to put
up with this pain tonight when i breathe
doesn't give me a good feeling
doesn't give me a good feeling to meet
him
it doesn't give me a good feeling to say

no to him so i choose the lesser of the
two evils

and i say okay come on in

say how are you

and somebody said boy i'm going to be
happy when this thing gets over so i'll
be able to take my smile off how are you
i'm wonderful

and so he goes on and on and on he says
you know i love that workshop of yours
i'm thinking oh god have you come to
tell me what you could have uh

he go when he when is he going to come
to the point and finally he comes to the
point and then i indirectly slam him
against the wall i say well any fool
could solve that kind of thing you know
send him out

got rid of him

the next morning at breakfast he says
you know i'm guilty already i i i was a
bit rude and and i go up to him and say
how's life

how's life he says pretty good you know
what you said did help me last night
could i meet you today after lunch oh
any priest who hasn't done this i'm
ready to canonize him only you'll have

to wait till i become pope which i'm
hoping to be someday i really am
yes
see
that's the worst kind of charity
where you're doing things so you won't
get a bad feeling you're guilty you've
got no guts you don't have the guts to
say no i want to be left alone
sorry what kind of a priest are you
come on in
see the selfishness i want him to think
i'm a good priest
i don't like hurting people get off it i
don't believe you i don't believe anyone
who says that he or she does not like
hurting people we love to hurt people
especially some people
we love it and when somebody else is
doing the hurting we rejoice but we
don't want to do the hurting because
we'll get hurt
ah there it is
you will have a bad opinion of me
you won't like me you talk against me i
don't like that so i don't want to hurt
you

my that's a large dose of truth for one
morning

all right i'll tell you what i'm going
to give you a 15 minute break where you
can loiter around and then we'll come
back i have one favor i'll be sitting in
that corner out there
would you please leave me alone

life is a banquet
and the tragedy is that most people are
starving to death

see that's what i'm really talking about

it's a nice story of

some people on a raft

off the course of brazil

who were perishing from thirst and they
had no idea

that the water they were floating on was
fresh water see the river was coming out

into the sea with such force that it

went on for a couple of miles they had

fresh water right there

they had no idea of it

so it's like

we're surrounded with joy with happiness
with love

and most people have no idea whatsoever
of this

reason they're brainwashed

reason they're hypnotized

they're asleep

imagine a stage magician who hypnotizes

someone

and this person is seeing what isn't

there

and not seeing what is there

that's what it's all about repent

and accept the good news

repent wake up

not weep for your sins

what are you going to do weeping for

your sins

which you committed in the first place

because you were asleep anyway

are you going to cry

because of what you did

in your hypnotized state why do you want

to identify with that guy wake up wake

up repent put on a new mind take on a

new way of looking at things

for the kingdom is here

it's the rare christian who takes that

seriously

now i said to you the first thing you

need to wake up

is to face the fact that you don't like
being woken up
you'd much rather have
all of these things which you were
hypnotized into believing are so
precious to you so important to you so
important for your life and your
survival
second
understand
understand
that maybe you got the wrong ideas
and it is these ideas that are
influencing your life and making it the
mess that it is
and keeping you asleep
ideas about love
ideas about freedom
ideas about happiness etc
and it isn't easy to listen
to someone who would challenge those
ideas of yours that have come to be so
precious to you you know they've made
some interesting studies in brainwashing
and they've proved
as i'll probably tell you later on if we
have the time
that you're brainwashed

when you take on when you introject an
idea that isn't yours
somebody else's idea
and the funny thing is that you'll be
ready to die for it
isn't that strange
the first
test
that you've been brainwashed
that you've got introjected convictions
and beliefs is
that the moment they're attacked you
feel stung
you react emotionally
that's a pretty good sign not infallible
but a pretty good sign
that we're dealing with brainwashing
and you're even ready to die
for an idea that never was yours the
terrorist
or the saint
so-called
takes on an idea
swallows it whole
and is ready to die for it
not easy to listen
especially when you get emotional about

an idea and even when you don't get
emotional about it
not easy to listen
because don't forget you're listening
from your programming
from your conditioning
from your hypnotic state
and you're frequently interpreting
everything that's being said in terms
of your hypnotic state of your
conditioning of your programming
like this girl who's listening to a
lecture in agriculture
and she says excuse me sir you know i
agree with you completely
best manure
is old
horse manure
would you tell us how old the horse
should be
look where she's coming from
we all have our positions don't we and
we listen from those positions
henry
oh you've changed
you were so tall you've grown so short
you were so well built and you've become
so thin

he was so fair you've become dark what
happened to you henry
the guy says
i'm not henry
i'm john you changed your name too
how'd you get this guy to listen huh
[Music]
there's a little exercise for you think
think of all the good deeds you've done
or some of them
because i'm only giving you a few
seconds see
you think you'd have enough for those
now
understand
that they really sprang from
self-interest to whether you knew it or
not
refine tastes maybe
what happens to your pride
what happens to your vanity
what happens to that good feeling
you gave yourself that pat on the back
every time you did something that you
thought was so charitable
gets flattened out doesn't it
what happens to that looking down your

nose that your neighbor
who you thought was so selfish
whole thing changes doesn't it
well he's got coarser tastes
than you
you're the more dangerous person you
really are
jesus christ seems to have had less
trouble with the other
guy then with your type
much less trouble
he ran into trouble with people who were
really convinced they were good you know
the other guys didn't seem to have given
him much trouble at all
the guys who were openly selfish
and knew it
can you see how liberating that is hey
wake up it's liberating it's wonderful
are you feeling depressed maybe are you
isn't it wonderful to realize you know
better than anybody else in this world
isn't it wonderful you're disappointed
look what we brought to light hey
look what we brought to light
what happens to your vanity huh
you like to give yourself a good feeling
you're better than the others

look how we brought a pharisee to light
you had something to say
with my resistance to wake up
um
i guess i never thought
self-interest in the way you're
presenting it was in itself a bad thing
and i just never acquainted it with
selfishness i mean equated it hey
bad comes from you i didn't say it's bad
i said it's self-interest
you added bad
because self-interest to me it seems
like it comes right out of our instinct
of self-preservation which is our i
think our deepest thing first so that
how can we how can we could we want to
ask for selflessness that would be
almost like asking for non-being
wonderful
you're just saying
we cannot be selfless are you saying
that well to me it would seem like it
would be the same thing as asking for
non-being whatever it is look all i'm
saying is stop feeling bad
we're all the same it's wonderful

somebody had a terrible thing a terribly
beautiful thing to say about jesus so i
promised i wouldn't get into that but
it's too tempting to get into it here
yeah it's very tempting he said
he said
the lovely thing about jesus and this
guy wasn't an official christian
he said the lovely thing about jesus was
that he was so much at home with sinners
because he understood that he wasn't one
bit better than they were
we differ from others
from criminals
only
in what we do
or what we don't do
but not in what we are
the only difference between jesus i
assume
and those sinners was that he was awake
they weren't
you want to glory in that
look at me i won the lottery
i'm so proud to accept this prize
it's really a prize
for not for me but for my nation and my
society does anybody talk like this when

he wins the lottery

he was lucky he was lucky

he won the lottery

first prize

anything to be proud of in that

i woke up

i got

enlightened and you'll gradually learn

there's nothing you could do

with your good luck good fortune

and if you did anything towards being

enlightened now listen to this

almost every one of you really wants to

wake up in the interest of whom

you want a glory in that look at me i

really worked for myself

what's there to glory about

can you see how utterly stupid it is to

be vain

about your good deeds

the pharisee

isn't an evil man he's a stupid man

he's stupid he's not evil he's stupid

didn't stop to think

like somebody who said i dare not stop

to think

because if i did i wouldn't know how to

get started again

anyone

can be expected

to be selfish

and to seek their own self-interest

whether in course

or in refined ways

so there's nothing to be disappointed

about

and there's nothing to be disillusioned

about

if you had been in touch with reality

all along

you would never have been disappointed

you chose to paint people in glowing

colors

you chose not to see through human

beings

because you chose not to see through

yourself

and so you're paying the price now

before you discuss this let me tell you

a story which i remember just now

somebody said what is enlightenment like

what is awakening like

it's like the in london

who was settling in for the night

he'd barely been able to eat a crust of

bread

then he gets onto this embankment on the

river thames

and there's a slight drizzle

so he huddles in his

old tattered cloak

and as he's about to sleep what you know

a rolls-royce rolls up chauffeur driven

and out of that cast steps a gorgeously

beautiful young lady who says my poor

man are you planning to spend the night

here on this embankment and the poor man

says yes she says i won't have it you're

coming to my house

and you're going to spend a comfortable

night and you're going to get a good

dinner so she insists on is getting into

the car

they ride out of london get into a place

where she has a sprawling mansion

large grounds they get in they're

ushered in by the butler and she hands

this man over to the butler and says

james make sure he's put in the

servant's quarter quarters and treated

well which is what james does and when

the young lady is about to go to bed

she'd undressed and was going to bed she
suddenly remembered her guest for the
night so she slips something on and goes
over to the servant's quarters and pads
along the corridor and sees a little
of light where the man was
apparently put up so he hadn't gone to
sleep she tapped slightly at the door
and opens it and finds the man awake and
she says what's the trouble my good man
uh

did you not get a good meal he said
never had a better meal in my life lady
are you warm enough he says yes lovely
warm bed

she says maybe you uh
you need a little company huh
why don't you move over a bit and she
comes close to him he moves over and
falls right into the thames

ah you didn't expect that one
enlightenment

enlightenment wake up
you really didn't expect that one huh
see how good you are
wake up
when you're ready to exchange your
illusions for reality

when you're ready to exchange your
dreams for facts
cold awakening
but that's the way you find it all
that's where life
finally becomes meaningful
life becomes beautiful
uh
the famous story i don't remember where
i read it of ramirez
ramirez who's old
and living up there in his castle on top
of a hill
and he looks out the window
he's in bed really
and paralyzed
looking out the window and he sees his
enemy
old as he himself is leaning on a cane
climbing up the hill
slowly
painfully
takes him about two and a half hours to
get up
and there's nothing ramirez can do
because the servants have the day off
and his enemy walks in

opens the door comes straight to the
bedroom

puts his hand inside his cloak pocket
and pulls out a gun

and he says at last ramirez

we're going to settle scores

and ramirez tries his level best

to talk him out of it he says come on

borges you can't do that

you know i am no longer the man

who ill-treated that youngster

years ago and you're no longer that

youngster come off it

oh no your sweet words aren't going to
get me off

this divine mission of mine

it's revenge i want says barges

and there's nothing you can do about it

and ramirez says there is

oh is there

what

i can wake up and he did

he woke up

that's what enlightenment is like

there's nothing you can do about it

isn't there

of course there is what i can wake up

all of a sudden

life is no longer the nightmare

that it has seen

wake up

somebody came to me with a question what

do you think the question

was are you enlightened says this

question

what do you think the answer was

what does it matter

[Music]

you want a better answer

how would i know

because i don't care

how do you know

what does it matter

you know something

if you want it too badly you're in big

trouble

you know something else

if i were enlightened

and you listened to me because i was

enlightened

you're in big trouble

you're ready to be brainwashed by

someone who's enlightened

you can be brainwashed by anybody you

know

so does it really matter

no it doesn't where you're concerned

what does it matter whether someone's

enlightened or not

but see we want to lean on someone don't

we

we want to lean on somebody who we think

or we judge

has arrived

we love to hear to hear that people have

arrived

it gives us hope

doesn't it

what do you want hope for

isn't that another form of desire

you want to hope

for something

better than what you have right now

don't you

or else you wouldn't be hoping

but then you forgot that you've got it

all right now and you don't know it

why not concentrate on now

instead of hoping for better times in

the future

why not understand the now

instead of forgetting it

and hoping

for the future

isn't that another trap

the only place someone can be of help to

you

is in challenging your ideas

maybe

if you're ready to listen

and you're ready to be challenged but

there's one thing

the most important of all and i haven't

mentioned it as yet that you could do

when no one can help you

what's this most important thing of all

it's called

self observation

no one can help you there

no one can give you a method

no can no one can show you a technique

because the moment you pick up a

technique you're programmed again

self observation

watching yourself

which is not the same as self absorption

self absorption

is self

preoccupation concerned about yourself

you're worried about yourself

i'm talking about

self-observation what's that

it means

to watch

everything

as far as possible

in you

and around you

as if it were happening to someone else

to watch

everything

in you

and around you

as if

it were happening

to someone else

what does that last sentence mean

it means

that you do not personalize

what is happening to you

it means you look at it

as if you have no connection with it

whatsoever

the reason you suffer

from your depressions

and your anxieties

is that you identify with them

you're saying

i

am depressed and that is false

you are

not

depressed

if you want to be accurate

you might say

i

is

experiencing a depression

right

now

but you could hardly define yourself

with the verb to be

and say i am

depressed

you are not

your depression

but by a strange

kind of trick

of the mind

by a strange kind of illusion

you have deluded yourself into thinking

so you're not aware of it

that you are your depression

that you are your

anxiety that you are your joy

and the thrills that you have

i am delighted you certainly are not

delighted delight is in you right now

but hang around it'll change

won't last

never last

keeps changing

it's always changing clouds come and

clouds go

some of them are black some of them are

white some of them are large others are

small

and if we want to follow the analogy

this isn't philosophy now this is just

an analogy

you are the sky

you're observing them all

you're a passive

detached

observer

my that's shocking

particularly in the western culture

this is shocking passive

you're not interfering

don't interfere

don't fix anything

watch

observe

the trouble with people is
they're busy fixing things they don't
even understand
we're always fixing things aren't we
never strikes us
that things don't need to be fixed they
really don't
this is the great illumination
they need to be understood
if you understood them they changed they
really would if you understood them
you want to change the world
how about beginning with yourself
how about changing yourself
how about being transformed
yourself
first
how do you achieve that
through observation
through understanding
with no interference
with no judgment
because what you judge
you cannot
understand my
that's a tall order isn't it
he's a communist

understanding has stopped at that minute

he slapped a label on him

she's a capitalist

understanding has stopped as of that

minute you slapped a label on her

and if the label carries undertones of

approval or disapproval even worse

how are you going to understand

what you disapprove of

or what you approve of for that matter

sounds like a new world doesn't it

well ready to hear something new

no judgment

no comment

no attitude

one observes

one studies

one watches

not even with the desire to change

what is

example a dog trainer

who is attempting to understand a dog

so that he can train the dog

to perform certain tricks

the scientist

who observes the behavior of ants

with no further end in view

he just

wants to study ants
and to learn as much as possible about
them
and he has no further aim he's not
attempting to train them or to get
anything out of them he's interested in
ants he wants to learn as much as he can
about them that's the attitude
the day you attain that
you will experience a miracle
you will change
effortlessly
correctly
change will happen
you will not bring it about
as the light of awareness
settles upon your darkness
whatever is evil will disappear
whatever is good
will be fostered
you will have to experience that for
yourself
but this calls
for a disciplined mind
and when i say disciplined
i'm not talking about effort
i'm talking about something else

have you ever studied an athlete
whose whole life is athletics
what a disciplined life
he
or she
leads
and look at that river as it moves
towards the sea
it creates its own banks does it not
to contain it
and when there's something within you
that moves in this direction
it creates its own discipline
the moment you get bitten by the bug of
awareness
oh that's so delightful the most
delightful thing in the world the most
important
and the most delightful because there's
nothing so important in the world as
coming awake
nothing
and there's nothing so delightful
as being aware
would you rather live in darkness
would you rather act and not be aware of
your actions
talk and not be aware of your words

would you rather listen to people and
not be aware of what you're hearing
or see things and not be aware of what
you're looking at
the great socrates who said the unaware
life

is not worth living
but a self-evident truth
but most people don't live

aware
lives
they're living mechanical
lives

mechanical thoughts generally somebody
else's

mechanical emotions
mechanical action

mechanical reactions want to see how
mechanical you are

my that's a lovely shirt you're wearing
i feel up
for a shirt for heaven's sake

[Laughter]

you feel proud of yourself when you
observe that
people come over to my center there in
india and they say what a lovely place

your center is situated in these lovely
trees for which are not responsible at
all and this lovely climate and already
i'm feeling good till i catch myself
feeling good say hey
could you imagine anything more stupid
than that
i'm not responsible for those trees i
wasn't even responsible for choosing the
location
i didn't order the weather
it happened
but it's mine
me got in there
and i'm feeling good
and i'm feeling good about my culture
and my
nation how stupid can you get
i mean that
and they're saying you know your great
indian culture that has produced all
these mystics i didn't produce them
i'm not responsible for it
and you know uh oh a country of yours
disgusting look at the poverty i'm
feeling ashamed i didn't create it
what's going on
ever stop to think

you know something

i think you're very charming oh i feel

wonderful i got a

positive stroke that's what they call it

i'm okay you're okay

i'm gonna write a book someday which

will be entitled i'm an ass you're

enough

i really am

i really am

yes most liberating thing in the world

wonderful

most liberating thing in the world can

you imagine that when you're openly

ready to admit you're an ass

it's wonderful they say you're wrong i

say what could you expect of an ass

disarmed everybody disarmed

we're coming to that we're coming to

that we're coming to that the final

liberation i'm an ass you're an ass

i press a button you're up

i press another button you're down

you like that

how many people you know who are

unaffected

by praise

or blame totally and completely

unaffected that isn't human

human means

you've got to be a little monkey so

everybody can twist your tail and you do

whatever they think you ought to be

doing is that human

you mean you find me charming you know

what that means

it means right now you're in a good mood

that's what it means

generally

it also means that i fit your shopping

list every one of us carries a shopping

list around you know and it's like

you've got to measure up to this tall

dark

handsome

according to my tastes

i like the sound of his voice i'm in

love

you're not in love silly ass

any time

you're in love

i wonder if i should say this you're

being particularly asinine

you really are

sit down and watch it

what's happening to you
you're running away from yourself
you want a nice good escape somebody
said thank god for reality and for
giving us the means to escape from it
so that's what's going on
we're so mechanical
we're so controlled
and we write books about being
controlled and how wonderful it is to be
controlled and how necessary to be
controlled
and how necessary that people would tell
you that you're okay
so that then you'll have a good okay
feeling about yourself
etc etc etc how wonderful it is to be in
prison or somebody said yesterday so
rightly to be in your cage
you like being in prison
you like being controlled because i'll
tell you something if you ever let
yourself feel good when they tell you
that you're okay
you're preparing yourself to feel bad
when they tell you you're not
and secondly you're going to be a monkey

for the rest of your life because you're
the whole time going to live up to their
expectations you better watch out what
you wear and how you comb your hair and
whether your shoes are polished and
whether you live up to every
d-a-m-n-e-d expectation of theirs every
one of them
you like that
you call it human
see see what i mean this is what you'll
discover when you observe yourself
you'll be horrified
because the fact of the matter is that
you're neither okay
nor not okay you really are not
what's okay
what's not okay
you mean you fit the current mood
or trend of fashion so you become okay
does your okayness depend on that
does your okayness depend on what people
think of you
jesus christ must have been pretty not
okay you know
by those standards
so
you're not okay

you're not not okay you're you
and that i hope
is going to be the big discovery at
least some of you if three of you i
think you're about 220 or 30 or whatever
if three or four of you make this
discovery during these four days we're
going to spend together my what a
wonderful thing extraordinary
unprecedented
you're you
cut out all the okay stuff and the not
okay stuff cut out all the judgments and
observe
watch
you'll make great discoveries
those discoveries will change you
you won't have to make the slightest
effort believe me
here's another bombshell
talking about a bombshell
reminds me about this guy in london
after the war
he's sitting with a large parcel on his
lap
wrapped in brown paper
big heavy object

and the bus conductor says to him

he says what have you got in your lap

there

and the man says this is an unexploded

bomb

we dug it out of the garden

and taking it to the police station

he says is that an unexploded bomb and

he's the guy says yes you don't want to

carry that on your lap put it under the

seat

[Laughter]

that's my story for telling what

psychology and spirituality as we

generally understand it does for you

you know it transfers the bomb from your

lap to under your seat

it doesn't really solve your problems

it doesn't it exchanges your problems

for other problems have that has that

ever struck you

you had a problem

now we exchange it for another one

and it's always going to be that way

till we solve the problem called you

we're going to get nowhere

and so these great mystics and masters

in the east

will say

who are you

want to know the most important question

in the world

you think it is who is jesus christ

wrong

you think it is does god exist wrong

you think it is is there a life after

death wrong

you know it's a funny thing

nobody seems to be grappling with the

problem of is there a life before death

no one no

and my experience has been that it's

precisely the ones who don't know what

to do with this life or all bothered

about what they're going to do with

another life

really

that's one sign that you're awakened you

don't give a damn what's going to happen

in the next life you're not bothered

about it you don't care you just don't

care not interested period

somebody talked about eternal life a

little while ago the gentleman

there know what eternal life is

whatever that is

you think it's everlasting life but your

own theologians will tell you that

that's crazy

because everlasting is still within time

it's time for during forever you got it

all wrong

eternal means timeless

no time

whatever that means because the human

mind cannot understand that the human

mind can understand time

and can deny time but what timeless

means is beyond our comprehension

except we have hints of it

and the mystics tell us

that it's right now

how's that for good news

it's right now

people get so distressed

when i tell them forget your past

so proud of your past you're crazy

remember i'm an ass you're an ass

you're crazy what are you proud of

you're so ashamed of your past

you're crazy

drop it

but mustn't i weep for my sins that's

fast it's dead drop it

get into now

see your great religious distraction

from waking up

weep for your sins

repent

wake up that's what repent means wake up

understand

understand stop all your crying

and so the great masters tell us

the most important question in the world

is who am i

who am i

what is i

we'll address ourselves to that question

this afternoon at four o'clock i'll

begin with that hopefully i say

hopefully because i never know what i'm

going to say next week is it all depends

on the mood of the group etc but

that's so important

what is i

what is this thing i call i

what is this thing i call the self

you mean you understood everything else

in the world and you didn't understand

this

you mean you understood astronomy and
black holes and whatever those other
things are quasars or whatever they call
them you understood that and you picked
up computer science
and you don't know who you are
my
is still asleep
you're a sleeping scientist
you mean you understood what jesus
christ is and you don't know what you
are how do you know
that you have understood who's this guy
who's this woman who's doing the
understanding
found that out first that's the
foundation of everything isn't it
and it's because we haven't understood
this that you've got all these stupid
religious people who are engaging in all
kinds of stupid religious wars muslims
fighting against jews protestants
fighting catholics and all the rest of
that rubbish
they don't know who they are
because if they did there wouldn't be
wars
like the little girl who says to the

little boy are you a presbyterian

he says no we belong to another

abomination

so

so there it goes it's uh

who are you

who am i who am i

who am i we'll be dealing with that

later as i said but what i'd like to

stress right now is self-observation

you're listening to me

are you picking up any other sounds

besides the sound of my voice as you

listen to me

are you aware of your reactions as you

listen to me

it's extremely important

or else you're going to be brainwashed

or else you're going to be influenced by

forces within you

of which you have no awareness at all

and when you're aware of how you're

reacting to me

are you simultaneously aware

now that's that's post-graduate work

okay

okay

are you aware of where it's coming from
maybe you're not listening to me at all
maybe your daddy's listening to me
you think that's possible of course it
is

again and again in my therapy groups
i come across people who aren't there at
all

their daddy's there their mommy is there
they're not there they never were there
they really weren't i live now not i my
daddy lives in me

really

but that's absolutely true literally

true

literally true i could take you apart

and say

now this sentence does it come from

daddy mommy grandma grandpa from whom

reminds me of grandma and grandpa who

are celebrating their wedding

anniversary they're old it's the 60th

anniversary of their wedding and they go

through all the celebrations

and they're tired and towards the

evening the two of them are sitting

alone in a room

and grandpa says to grandma he says you

know grandma

i'm proud of you

i really am

she says what what's that you said paul

you know i can't hear you you know i

can't hear you without my hearing aid

would you say that louder he says i said

i'm proud of you

she said that's all right i'm tired of

you too

yes

so it's like who's living in you

it's pretty horrifying when you come to

know that you think you're free

but

this probably there probably isn't a

gesture a thought an emotion an attitude

a belief

in you

or that isn't coming from someone else

isn't that horrible

and you don't know it

talk about a mechanical life that was

stamped into you

and you're feeling pretty strongly about

certain things and you think you are

feeling strongly about it but are you

really

[Applause]

it's going to take a lot of awareness

for you to understand

that maybe this thing that you call i

is simply an agglomeration

of your past experiences

and of your conditioning

and your programming you're a human

computer

that's painful

in fact when you're beginning to awake

you experience a good deal of pain

it's painful to see

your illusions being shattered

and everything that you thought you had

built up crumbling

that's painful

that's what repentance is all about

that's what waking up is all about

so now how about this

how about

you're taking a minute

right where you are where you're sitting

now

to be aware

of even as i talk

of what you're feeling in your body

and what's going on in your mind
and what your emotional state is like
how about being aware of that blackboard
if your eyes are open
and the color of the walls
how about being aware of my face
and the reaction you have to that face
of mine
because you have one whether you're
aware of it or not
and it probably isn't yours
you were conditioned to have that kind
of reaction
and how about being aware of some of the
things i said so that isn't awareness
now that's memory i'm cheating but still
i'm assuming you're beginners
think of some of the things you did not
like
and think of some of the things you
liked
and how you reacted
does that say anything about you
and let's make a sudden switch now
be aware of your presence in this room
it's a sudden switch i'm in this room
it's as if you were outside yourself

looking at yourself

sitting here

as if you're looking at someone else

do you notice a slightly different

feeling

later we'll ask

who's this person who's doing the

looking

i

am looking

at me

what's i

what's me

good but for the time being it's enough

that i

would be watching me

and if you're tending to condemn

yourself

or to approve of yourself

don't stop the condemnation now

don't stop the judgment

don't stop the approval

just watch it

i'm condemning me

i'm disapproving

or i'm approving

just look at it

don't try to fix it

don't say oh we were told not to do this

no just observe what's going on

as i said to you before

self-observation

means

watching

observing whatever is going on in you

and around you

as if it were happening to someone else

ever hear what happened to the

hippopotamus who swallowed a jewish

rabbi a protestant minister and a

catholic priest

why he had an ecumenical movement

let's continue from where we left off

this morning

i'm sure lots of you will have questions

i propose we leave them for a little

later

because once i've spoken about two or

three other topics

maybe some of the things you were going

you were planning to ask me about will

get clarified

so

i suggest

that before i take up the next topic

you do the following

would you write down on a piece of paper

any adjectives that you would use

to describe

yourself

any adjectives

businessman

priest human being

catholic

jew

anything well or any labels like

businessmen etc

anything

adjectives or nouns that you would use

to describe

yourself

you're in for a big surprise you really

are

so uh write those down

you're really going to enjoy this

now let's have a few samples

one from each person just a few samples

you know anyone what was that

prognosticative prognostic

she planned this one

okay

any others

fruitful

taking children searching pilgrim

confident

[Music]

all right all right all right all right

that's a pretty good introduction for

what we're going to get into right now

remember i said to you this morning

that you would derive immense

profit

from self-observation

observing

yourself

remember

as if you were watching another person

observing everything in you and around

you

now let's take a look at that phenomenon

we're going to get right into

whatever you want to call it

philosophy mysticism spirituality

you name it the name doesn't matter

here you've got i

observing

me

now this is an interesting phenomenon

which has never ceased to cause wonder

to philosophers

mystics

scientists

psychologists

i

can observe

me

it would seem

that the animals were not able to do

this

it would seem

that one needs a certain amount of

intelligence

to be able to do this

self-consciousness

now i'm warning you

what i'm going to give you now is not

metaphysics

it is not

philosophy

it's plain observation

plain

common sense

maybe we'll come back to the philosophy

of it later on but watch this

when i

observes

me

i

looking at me

remember i told you this morning

many of these great mystics of the east

would say

who are you

who am i

who is

i

they're really referring to that eye

not to the me

and let's suppose

that i

were to observe

me observing me have you noticed this

has become me now

who's this guy

search for the eye

that's what they're saying

who's

i and no matter how far back you go

you're always going to have to search

for i

what is i

who is i

ever thought of that we've been given

all kinds of answers or we've taken all

kinds of answers for granted but never

stopped probably

to analyze

or to find out for ourselves who i

is or what i

is

as a matter of fact

some of these mystics will tell you

that we first begin

with things

with awareness of things

then we move on to awareness of thoughts

me

and finally

to awareness of the thinker

things

thoughts

thinker

what we're really searching for is

the thinker

can the thinker know himself

can i know

what i is

some of these mystics reply

can the knife

cut itself

can the tooth bite itself

can the i

e y e

see

itself

can the eye

know

itself

but this

we will have to leave

for later

i am concerned with something infinitely

more practical right now and that is

with deciding

what the i is not and i'll go as slowly

as possible

because it's important that you follow

every step here

because the consequences are

devastating

terrific

or terrifying depending on your point of

view

you've got the seed of liberation here

now listen to this

am i

my thought

is i the thoughts that i am thinking

no

thoughts come and go

i

am not

my thoughts

is that clear

how about my body

am i

my body

they tell us that the cells of our body

keep getting changed and renewed

millions of them every minute so that at

the end of about seven years

you don't have a single living cell in

your body

which was there seven years previously

they're always changing

cells come and go

cells arise and die

i seems to persist

so am i my body

evidently no

i

is

something other and more

than the body

you might say the body is part of i but

it's a changing part

it keeps moving it keeps changing

we have the same name for it

but it's constantly changing just as we

have the same name for niagara falls

but niagara falls is constituted

by the water which is constantly

changing

same name for an ever-changing reality

i seems to continue

even though the body cells are changing

how about my name

is i

my

name evidently not

because i could change my name

i don't change the eye

when i change my name

how about my career

how about my beliefs

i

am

a catholic

i

am

a jew

is that an essential part of i

when i move from one religion to another

has i

changed

and let's suppose i get back to my

original religion

has i

changed

do i have a new eye

or is it the same i that has changed

in other words

is my name an essential part of me

of the eye

is my religion

an essential part

of the eye remember i told you this

morning about the little boy who says to

the little girl are you a presbyterian

remember

somebody told me

one about someone in belfast

paddy was walking down the streets

and he finds there's a gun

there at the back of his head

pressing against the back of his head

and a voice says

are you catholic

or protestant

well patty has to do some pretty fast

thinking he said i'm a jew

and he hears the voice say i've got to

be the luckiest arab in the whole of

belfast

isn't it interesting

how important labels are

for us

they're so important

i am a democrat

i am a republican are you really now

you mean when you switch parties

do you have a new eye

or is it the same old eye

with new political convictions

remember hearing about the guy who says

to his friend

he says

hey tom

are you planning to vote democrat

in the next elections he says no

i'm planning all rather are you planning

to vote republican the guy says no i'm

planning to vote democrat

why

because my father was a democrat

my grandfather was a democrat my great

grandfather was a democrat so i'm voting

democrat

and the other guy says that's crazy

logic paddy i mean now let's put it this

way if your father was a horse thief and
your grandfather was a horse thief and
your great grandfather was a horse thief
what would you be he said well then i'd
be a republican

so labels

labels labels labels where does that get
you

and

we spend so much of our lives don't we
reacting to labels

our own

and others

identifying the label

with the eye

talking about catholics and protestants

do you hear one the one about the guy

who comes in and says father

i want you to stay a mass for my dog

father's indignant he's outraged which

means say a mass for your dog he says

you know my dog my pet dog i love that

dog i'd like you to offer a mass for him

father says we don't offer masses for

dogs for animals here you may try the uh

the denomination lower down the street

ask them they might have a service for

you and the guy as he's moving away he

says too bad i really love that dog i
was planning to offer a million dollars
and
stipend for that uh
mess
father said wait a minute you never told
me your dog was catholic
when you're caught up in labels
what
value do these labels have
when applied
to i
that's an interesting question
i'll invite you to think about it later
to discuss it
could we say
that i
is none of the labels that we attach to
it
that these labels
belong to me
that what is constantly changing
is me
does the observer ever change
why bother
the fact is
that no matter what labels you can think

of except perhaps human being

you apply them to me

i

is none of these things

so when you step out of yourself

and observe

me

when you step out of yourself

and no longer observe

and sorry and

no longer identify

with me

you learn all kinds of interesting

things

for instance

suffering

suffering exists

in me

and when you identify

with me

anytime

you identify

anytime i

identifies with anything

or person

outside of itself

or it identifies

with me

suffering begins

now opens fear

now comes desire

now comes a threat

the eye begins to feel threatened

when i

does not identify

with money

or name

or nationality

or

persons or friends

or any quality

the eye is not threatened

can be very active as i will show you

later on but it isn't threatened

everybody think

of a time

or think of some suffering that you have

right now

anything that's causing you pain

or worry

or anxiety

think of that

first

can you pick up the desire

under that suffering

there's something you desire

very keenly

or you wouldn't be suffering

what is it

second

that isn't just an ordinary desire

that's a craving

worse

there's an identification there

you have somehow said to yourself

the well-being of i

almost the existence of i

is tied up

with this desire

how true is it

that all suffering is caused

by my identifying myself

with something

whether that something is within me

or outside of me

and when it is outside of me

whether it is a thing

or a person

talk about it for a couple of minutes

then let's see we can get some reactions

from you

okay

[Music]

how about some reactions

yes well i want to share with you

something wonderful that happened to me

i saw your movies

and i was at work shortly after that and

i was really having trouble with three

people and i said all right just like i

learned in the movie i'm gonna come

outside myself

and for a couple hours i just got all my

feelings together about how bad i felt

about these three people

and i said well i really hate those

people

i mean i was honest i got it all

together

and uh i said well jesus now what can

you do about faith

and a little while later i started to

cry because i realized that jesus died

for those people and they couldn't know

how they were

and that afternoon i had to go in the

office and i spoke to those people and i

told them why i was right and what my

problem was and they agreed with me

because i wasn't mad at them and i

didn't hate them anymore

okay that's wonderful

[Music]

we'll go a little deeper into that later

shall we

about the negative feelings

we have

towards others

anytime you have a negative feeling

towards anyone

you're living in an illusion

there's something seriously wrong with

you

as you discovered

not seeing reality

something inside of you has to change

but what do we generally do

when we have a negative feeling

we're saying he is to blame

she is to blame

she's got to change oh no no no no no

the world's all right

the one who has to change is you

but we'll have much more to say about

that later any other reaction

yes

i'm trying to get some kind of an

example

of what you meant with the subject
of any quality of the
so my question is does that relate to
what you're saying

oh yes

oh yes

you know

she's identified with this

and she's saying

anyone who attacks the food

is attacking me

i feel threatened

but i

is never threatened

it's only me that is threatened

yes

supposing that you're witnessing

some outdoor justice or something

[Music]

it may not

did you assume that i was saying

that you wouldn't do anything

i said

you wouldn't have negative feelings

as a result of which

you'd be much more effective

because when the negative feelings come

in

you go blind

me steps into the picture

and everything gets fouled up

and frequently

we had a problem on our hand before

now we have two problems

but that's a very good question because

i'll have to come back to that again

don't assume i'm glad you brought that

out because lot might assume

that

not having

negative feelings of anger

and resentment and hate

would mean that you do nothing about the

situation oh no

oh no

you're not affected emotionally

but you are actually if that makes any

sense

you spring into action

you become very sensitive

to things

and people

around you

what kills the sensitivity

is this

what many people would call

the conditioned

self

when you identify with me

there's too much of you in it

for you to see things objectively

to see things detachedly

and it's very important that when you

swing into action

you'll be able to see things

detachedly

but when negative emotions get in you

can no longer do that

so that was a very good uh question yes

you had a question john this morning if

there's an

area

before something becomes an attach um

before it becomes um

identification like a friend dies

it seems to me that it's human to feel

something about that of sadness but it

becomes identification when it gets in

the way of my becoming less free but

there ought to be some type of reaction

to my friend's death

all right it seems that there ought to

be some kind of reaction

to my friend's death

self-pity

what would you be grieving about think

about this everybody

what are you grieving about what i'm

saying is going to sound terrible i told

you

i'm coming from another world

feeling sorry for me

[Music]

all right you mean you're feeling sorry

for other people who are feeling sorry

for themselves

oh they're not feeling sorry for

themselves

then what would

i be feeling sorry for what we call

grief

do we ever feel grief

when we lose something

that we have allowed to be free

that we have never attempted to possess

and we have never allowed ourselves to

be attached to

meaning

what does it mean to be attached

meaning i made my happiness

depend

on this thing

or this person

at least

to some extent

we're so accustomed to this

that to hear the opposite sounds

inhuman doesn't it

i'm not saying

that me

the conditioned self

will not sometimes fall into this

because that's the way we have been

conditioned

but is it conceivable

that you would live a life

here where you would be so totally alone

that you would depend

on no one

please try to understand this

we all depend on one another don't we

for all kinds of things

we depend on the butcher

and the baker

and the candlestick maker

interdependence

that's fine

we set up society and we organize

society in this way

we a lot different functions to

different people

for the welfare of everyone

so that we will function better

and

live more effectively hopefully

but to depend on another psychologically

to depend on another emotionally

what does that mean

that needs to depend on another human

being

for my happiness

think about that

because if you do

the next thing you will be doing whether

you're aware of it or not

is

you will be demanding

that that person

contribute to your happiness

next step

fear

fear of loss

fear of alienation

fear of rejection

mutual control

perfect love

casts out fear

where there is love

there are no demands

there are no expectations

there is no dependency

i do not demand

that you make me happy

my happiness

does not

lie

in you

if you were to leave me

i will not feel sorry for myself

i enjoy your company immensely

but i do not cling

i enjoy it

on a non-clinging basis

what i really enjoy is not you

it's something that's greater than both

you and me

it is something that i discovered

a kind of a symphony

a kind of an orchestra that plays

and on the occasion of your presence

it plays one melody

and when you depart

the orchestra doesn't stop
on the occasion of meeting someone else
it plays another melody
which is also very delightful
and when i'm alone
it continues to play
a great repertoire there
never ceases to play
that's what awaking is all about
that's why
when we're hypnotized
we're brainwashed
we're asleep
it seemed so terrifying
but can you be said to love me
if you cling to me
and will not let me go
or will not let me be
can you be said to love me
if you need me
psychologically
emotionally
for your happiness
my you've got lots to reflect on there
don't you
do you know something
this is the universal teaching of all
the scriptures of all religions

and of all the mystics how come we
missed it
how come i missed it for so many years i
say to myself repeatedly
how come i didn't see it when you read
those radical things in the scriptures
my you begin to wonder is this man crazy
after a while you begin to think
is everybody else crazy
unless you hate your father and mother
brothers and sisters
unless you renounce and give up
everything you possess
you cannot be my disciple
you've got to drop it all
not physical renunciation you understand
that's easy
it's seeing through the delusion
that's easy too
and they drop
the delusions drop
you're in touch with reality at last
and believe me
you will never again be lonely
never again
you have found it
loneliness is not cured

by human company

loneliness is cured

by contact

with reality

oh i have so much to say about that

contact with reality

dropping one's illusions

making contact

with the real

whatever that is

it has no name

we can only know it

through dropping the unreal

you can only know what a loneliness is

when you drop your clinging

you drop your dependency

but the first step towards that

is that you would even see this as

desirable

because if you don't even see it as

desirable

how will you get anywhere near it

and think

that loneliness of yours

will human company ever take it away

will it only serve as a distraction

there's an emptiness inside isn't there

and when the emptiness surfaces

what do you do

you run away

turn on the tv

turn on the radio

read a book

search for human company

seek entertainment

seek distraction

everybody's doing that

big business nowadays

or an organized industry entertainment

distract us

entertain us

observe yourself that's why i said to

you this morning

self-observation

is so delightful

such an extraordinary thing

after a while

you don't have to make an effort

because as illusion begins to crumble

and you begin to know

this thing

that cannot be described

called happiness

everything changes

you become addicted to

awareness awareness

awareness awareness there's a story of

the disciple

or a traveler who goes to the master

and he says

could you give me a word of wisdom

could you tell me something that would

guide me through my days

it was the master's day of silence

so he picked a pad and wrote one word on

the pad he said awareness

and gave it

to the traveler when the traveler saw

that he said but this is too brief

could you expand on it a bit

and the master took the pad back

pleasantly

and wrote awareness awareness awareness

he said yes but what does it mean

and the master took the pad back and

wrote awareness awareness awareness

means

awareness

that's what it means

watch yourself

i told you this morning no one can show

you how to do it

because he would be giving you a

technique

he'd be programming you

but watch yourself

you had a reaction this morning

when you were talking to someone were

you aware of it

were you not identifying with it

you got angry with somebody

you were aware that you angry

and were you not identifying with your

anger

and later when you had the time

did you study it

did you attempt to understand it

where did it come from

what brought it on

i don't know

of any

other means

of transformation

than

awareness

i don't know of any other

if any of you

cover some other method

of self-transformation i'd be very happy

to hear it from you but i don't know of

any other

you only change what you understand

what you do not understand

and are not aware of

you repress

you don't

change just gets repressed

but when you understand it

it changes

when you become aware of it

it changes

my that was a

pretty lengthy discourse wasn't it

you seem a bit stunned are you

why don't we give you

a five minute break

to stand up and stretch and then we'll

continue

gee i really knocked you all out didn't

i yes

[Music]

i don't know how much help this is going

to be but it's both kind of things

it is

there are some lucky people who see it

in a flash

and as far as i know

there is no known means of acquiring

this

how do you get it

i

i don't know

you just become aware

there are others who keep growing into

it

slowly

gradually

increasingly

they see things

illusions begin to drop off

fantasies begin to be peeled away and

they get in touch with facts

so there's no general rule really

there's this famous story

of the lion who once pounced

upon a flock of sheep

and to his amazement he found a lion

among them

it was a lion who had been brought up by

the sheep ever since he was a cub

and he would be bleeding like the sheep

and

running around

and the lion went straight for him

and when this

sheep lion

stood in front of the real one he

trembled in every limb

and the lion said to him what are you

doing among sheep here

and the lion said i am a sheep he said

oh no you're not you're coming with me

and he got hold of him and took him to a

pool

and he said look

and when the lion who thought he was a

sheep looked at his reflection in the

water

in that minute he was transformed

was never the same again

if you're lucky

if the gods are gracious

if you are gifted with divine grace use

any theological expression you want

you might suddenly understand

who i

is

and you'll never be the same again

never

ever

and that's where you'll dwell

and nothing will ever be able to touch

you again

and no one will ever be able to hurt you

again

and you will fear no one

and you will fear nothing

isn't that extraordinary you live like a

king

like a queen

this is what it means to live like

royalty not the rubbish

where you get your pictures in the in

the newspapers

and where you you've got a lot of money

put a lot of rot

and you're as terrified and confused as

everyone else and you're trying to hide

it

when you fear no one because you feel

losing

nothing

when you fear no one because you're

perfectly content to be nobody who wants

to be somebody here what's the use of it

all

you don't give a damn

it doesn't matter

success

failure means nothing honor disgrace

nothing

you make a fool of yourself means

nothing

my

is that a wonderful state to be in

now some people arrive at this

painstakingly step by step

through months and weeks of

self-awareness

but i'll promise you one thing i've not

known of one person who would give time

to being aware

who wouldn't see the difference in a

matter of weeks

already the quality of your living is

changing

you don't have to take it on faith

anymore you're seeing it you're

different

you react differently

in fact you're reacting less

and you're acting more

you see things you've never seen before

you're much more energetic much more

alive

people think

that if they had no cravings

they'd be like dead wood

you know what would happen to you you'd

lose your attention

your fear

of failure

your attention about succeeding

and you'd be yourself

relaxed you wouldn't be driving with

your brakes on that's what would happen

there's a lovely saying of chuang soo

that i took the trouble great chinese

sage chuangsue that i took the trouble to

learn by heart

hope i remember it but if we fail it's

all

right it says

when the archer shoots for nothing

he has all his skill

when he shoots for a brass buckle

he is already nervous

when he shoots for a prize of gold

he goes blind

sees two targets

he is out of his mind

his skill has not changed

but the prize

divides him

he cares

he thinks more of winning
than a shooting
and the need to win
drains him of power
isn't that lovely
isn't that an image
of what most people are
when the archer shoots
for nothing he has all his skill
when you're living for nothing
you've got all your skill you've got all
your energy available to you you're
relaxed
you don't care
it doesn't matter whether you win or
lose
now there's human living for you
that's what life is all about
that can only come
from awareness
and in awareness as i shall explain as
we go along
you will understand
that honor doesn't mean a thing
it doesn't it's a social convention
that's all
and so the prophets
then bother one bit about it

honor

meant nothing to them

they were living in another world

in the world of the awakened

success

failure meant nothing to them

kind of

i'm an ass you're an ass so where's the

problem

somebody said i think it was a man

called sydney harris

i recollect reading

he said

the three most difficult things that a

human being can do

are not

physical feats or intellectual

achievements they are

first

returning love for hate

second

including

the excluded

and third

admitting

that you are wrong

my

easiest pie

easiest thing in the world easiest thing

in the world if you haven't identified

with me what's the problem yeah i'm

wrong if you knew me better my god you'd

see how often i'm wrong what would you

expect from an ass

but i haven't identified with him see i

is not this

so you cannot hurt me

can you imagine that

initially

oh

the old condition me will react

and you'll be depressed and you'll be

anxious

and you will grieve

and you will cry

etc

before enlightenment i used to be

depressed

after enlightenment i continue to be

depressed

but there's a difference i don't

identify with it anymore you know what a

big difference that is

do you know what it means

i'll say this slowly

do you know what it means
to step outside of yourself
and look at that depression
and not identify with it
and not do a thing
to make it go away
and to be perfectly willing to go on
with your life
while it passes through you
and disappears
my if you don't know what that means
you really have something to look
forward to
and the anxiety
there it comes
and you're not troubled
how strange you're anxious and you're
not troubled
isn't that strange
isn't that a paradox
and you're willing to let this cloud
come in
because the more you fight it the more
power you give it
and you're willing to observe it as it
passes by
do you know something you can be happy

in your anxiety isn't that crazy
and you can be happy
in your depression
it's just that you got the wrong notion
of happiness
you thought happiness was excitement
you thought happiness was thrills
you know something that's what causes
the depressions
did anyone tell you that
you're thrilled
all right you're preparing the way for
your next depression
you're thrilled
have you picked up the anxiety behind
that how could i make that last
somebody said that yesterday evening how
can i make it last
that's not happiness that's thrills
that's kicks
that's addiction that's drugs
talk about the drug addict my i've got
something to show you
i wonder how many
non-addicts there are in this hall
tonight
if you're anything like the average
group

very few

very few

don't look superiorly down your nose at

the alcoholic

and the drug addict

maybe you're just as addicted

as he

or she

is

the first time

i am becoming personal

the first time i got a glimpse of this

world

it was terrifying

terrifying

to understand

what it meant

to live alone

to have nowhere to rest your head but

nowhere

to leave everyone free

and to be free yourself

to be special

to no one

to love

everyone

because love

does that

it shines on good and bad alike

and it makes its reign to fall on saints

and sinners

alike

no difference

it doesn't depend on an object to exist

you don't pull it out

it's there

available

like the rose

is it possible for the rose to say

i will give my fragrance

to the good people who smell me and i

will withhold it from the bad

or like a lamp is it possible for the

lamp to say i shall give my light to the

good people in this room

and withhold my light from the evil

people

or like a tree can a tree say i'll give

my shade to the good people who rest in

my shade and withhold my shade from the

bad

there are images of what love is all

about but i told you we don't really

know what love is

but it's right there staring us in the

face in the scriptures
we never cared to see it
because we were so drowned in what our
culture calls love
in its love songs
and its poems that isn't love at all
that's the opposite of love that's
desire
that's control that's possessiveness
that's manipulation
that's fear
that's anxiety
that's not love
and we were told that happiness lies and
thrills it's so painful it really is so
painful to watch those commercials
happiness is a smooth complexion
a holiday resort
but you know that already you know that
already or you wouldn't be here
you know it isn't these things
but then we have other subtle ways
of
making our happiness depend
on other things both within us and
outside of us i refuse to be happy until
my neurosis goes

how about that one

i got good news for you you can be happy

right now with the neurosis

yes sir

you want even better news

there's only one reason

why

you are not experiencing what in india

we call

anand we have a special word for

happiness for this kind of happiness

it's called anand bliss

bliss

there's only one reason why you are not

experiencing bliss

this present moment

and it is because you're thinking or

you're focusing on what you don't have

or else you would experience bliss

you're focusing

on what you don't have

right now

you have everything you need

to be

in

happiness

bliss

anand right now

jesus was talking horse

sense

he was talking

to lay people

to married people to third world people

to starving people to poor people

he's telling them

good news

it's yours

for the taking

ready for it

here goes

but who listened

no one's interested

they'd rather be asleep

let's have a little interaction

all right only two things in the world

god and fear

love and fear

only two things

there's only one evil in the world

fear

there's only one good

in the world

love

it's sometimes called by other names

it's sometimes called happiness

it's sometimes called freedom

or peace

or joy

a god

or whatever but the label doesn't matter

really

and there's another single evil in the

world

that you cannot trace to fear

not a one not one

ignorance

and fear

ignorance

caused by fear

that's where all the evil comes from

that's where your violence comes from

the person who is truly non-violent

who is incapable of violence

is the person who is fearless

[Music]

it's only when you're afraid that you

become angry have you ever thought of

that

think of the last time you were angry

[Music]

go ahead

think of the last time you were angry

search for the fear behind that

what were you afraid of losing

what were you afraid was being taken

away from you

that's where the anger comes from

think of an angry person maybe someone

you're afraid of

can you see how frightened he or she is

he's really frightened

he really is

she is really frightened

or she wouldn't be angry

how true

ultimately there are only two things

love

and fear

but my

i've gone far ahead of what i was

planning to do but i'd rather leave it

like this i'd rather leave it

unstructured and move from one thing to

another and keep returning to themes

again and again

because

that's the way to really

to grasp what i'm saying maybe because

what when it doesn't hit you the first

time it might the second time and what

doesn't hit one person might hit another

so

i've got different themes

but they're all about the same thing

call it awareness

call it love

call it spirituality

or freedom

or awakening

or whatever

it really is the same thing so to

summarize

what i said this afternoon

as you begin to observe yourself

self-observation

watching everything

inside of you and outside oh i'm gonna

have a lot to say about that too

outside

the trees

the stars

the traffic

the faces of friends

the people you're living with

dried leaves

the birds

a pile of stones

water

anything

anything

observe

watch

you might suddenly stumble upon a whole

world you had never seen

and you'd say

god i've been i've been here all along

how come i never saw this

to watch

everything

inside of you and outside

and when there's something happening to

you

to see it

as if it were happening to someone else

with no comment

no judgment

no attitude

no interference

no attempt to change

only to understand

only to understand

now as you do this

you will begin to realize

that increasingly

you are disidentifying

from me

saying frieza of avila says that towards

the end of her life

god gave her this extraordinary grace

she doesn't use this modern expression

of course but that's what it really

boils down to of

disidentifying from herself

extraordinary

liberation at last

you know how it is

uh

john smith has cancer

i don't know john smith john smith isn't

me

so i'm not that all that affected

if i have love and sensitivity maybe

i'll help

but i'm not all that affected

emotionally

you have an examination

i'm not all that affected i can be quite

philosophical about it and i'll say well

the more you worry about it the worse

it's going to get why don't you take a

good break

but when it comes my turn to have an

examination well

that's something else isn't it

because i've identified with me

i identify with my

family

my

country my possessions my

body

me

how would it be if i had a grace if god

gave me the grace

that i wouldn't call these things

my

that isn't i at all

i'd be detached

i'd be disidentified

that's what it means to lose

the self

to deny

the self

to die

the self

to the ego

to me

to be objective about it to be

disidentified and detached from it

now as you begin to practice this you

could try it tonight

you know

don't it's not a matter of nerves now or

muscles of tightening your muscles but

as you move around

if you can be aware of what you're doing

if you can be aware of what you're

saying

if you can be aware of how you are

reacting

what a difference

won't be long before you notice the

effect

it's sad to think that human beings

would go through life with fixed ideas

programming and they never change and

they're not aware they're just not aware

of what's going on

very religious people some of them but

no awareness

i really meant that

you might as well have been a block of

wood you might as well have been

a rock

really

a talking

walking

thinking

machine computer

that's not human

puppet

jerked around by all kinds of things

press a button you'll get the reaction

i told you that yesterday

you could almost

predict

to the nth degree

how a human being is going to react

just study the person oh for a day

and i'll tell you exactly how he or she

is going to react and sometimes write it

on a piece of paper for my therapy group

and say so-and-so is going to start the

session so-and-so will reply there are

the machines

true to

plan

go on

that's painful

they're not aware and don't listen to

the people who say to you forget

yourself go out in love to others

don't listen to them they're all wrong

the worst thing you can do is to forget

yourself when you go out to others

go out in your so-called helping

attitude

you know this

was brought home to me very forcefully

many years ago

when i did my studies in chicago in

psychology

we had

a course in counseling for priests

was only open to priests who were

actually engaged in counseling

and who agreed to bring a tape to class

so we did that

must have been about 20 of us

when it was my turn

i brought a cassette a tape to class

that uh

had

engraved on it

impressed on it an interview that i had

with a young woman

well uh took it to class the instructor

put it in a tape recorder and we all

began to hear it

after five minutes as was his custom

the instructor stopped the tape he said

any comments

someone said to me

why did you ask her that question

i said i'm not aware that i asked any
question as a matter of fact i'm quite
sure

i did not ask any question he said oh no
you did see i was quite sure

because because i was consciously
following the method of carl rogers
person oriented

non-directive you don't ask questions
you don't interrupt you don't uh give
advice etc so i was very aware that i
mustn't ask questions

all right there was a bit of a dispute
between the two of us and the instructor
said why don't we play that again so we
played that again and heard it

and there to my

to my horror

was a whopping big question as tall as
the empire state building a huge
question you couldn't miss it

now you know the interesting thing was
that i had heard that question three
times the first time presumably when i
asked it the second time when i listened
to the tape in my room because i wanted
to take a good tape to the class see

and the third time when i heard it in
the room in the classroom but it hadn't
registered i wasn't aware
that happens frequently in my therapy
sessions or directions spiritual
direction sessions or whatever we tape
the interview we record it
and again and again and again
when the client listens to it he or she
says you know i didn't really hear what
you said in the interview i only heard
it when i listened to the tape
more interestingly i didn't really hear
what i said
in the when we had the interview i only
had look what i said
somewhat humiliatingly
i sometimes discover what i said when
i'm listening to the tape with her
that's shocking
it's shocking
to discover that i'm saying things i'm
saying things for heaven's sake in a
therapy session that i'm not aware of
the full import of which only dawns on
me later you call that human
forget yourself and go out to others
well

i had an even more shattering experience
that morning because when we listened to
the whole tape the instructor said
any comments

one of the priests a 50 year old man
whom i took a liking to he'd sit in one
corner of the room smoking his pipe he
said to me tony i'd like to ask you a
personal question would that be all
right i said yeah go ahead if i don't
want to answer it i won't what's the
personal question

he said this woman you're interviewing
is she pretty

[Music]

now you know honest to goodness i was at
a stage of my
development or undevelopment whatever
you want to call it when i really didn't
notice if someone was good looking or
not i really didn't it didn't matter i
mean she was
a sheep in the flock of christ i was the
pastor i sort of
i dispensed help yes i mean i didn't
agree that's the way we were trained the
good old training ha ha

so i said to her said to him what has

that got to do with it whether she's

pretty or not

he said you don't like her do you what

you don't like her do you

well

hadn't ever struck me

that i liked or disliked people or

mostly

occasional powerful likes and dislikes

would register in consciousness but the

other ones wouldn't it was mostly

neutral

i said what makes you say that he says

the tape

i said uh

you mean

you get that from the interview he said

yes would you like me to show you that i

said yes i'd be happy to and he

we went through that tape again and he

said listen to your voice here how sweet

it has become you're irritated aren't

you

i was

i was only becoming aware of it right

there

and look what you're doing here

non-directively for heaven's sake you
know what i was saying to her i was
saying don't come back but i wasn't
aware of it

and he said she's a woman
she'll have picked this up

[Laughter]

they say women have a sixth sense
yes

remember the guy who's supposed to have
had a sixth sense but he lacked all the
other fights

so he said you're saying don't come back
don't come back he said when are you
supposed to meet her next i said well
next wednesday he said my guess is she
won't come back she didn't

i waited for one week she didn't come
waited for another wednesday she didn't
come then i called her i broke one of my
rules i called her generally don't let
them take the initiative don't be a
rescuer

but i said to her you remember that tape
you allowed me to uh to make for the
class

and she said yes i said you know it was

a great help because they pointed out
all kinds of things to me i didn't tell
her what

that would help me to be more effective
so if you'd care to come back you're
free to i think i'd be somewhat more
effective

she said all right i'll come back she
did the dislike was still there hadn't
gone away

but it wasn't coming in the way
that's important

what you are aware of you are in control
of

what you are not aware of is in control
of you

you are always a slave

to what you're not aware of

when you're aware of it

you're free from it

it's there

but you're not affected by it you're not
controlled by it you're not enslaved by

it that's the difference

awareness

awareness awareness awareness

what they trained us to do

at that

course

was

to become participant observers

like i'd be talking to you

uh to put it somewhat graphically i'd be

talking to you

and i'd be here

talking to you and i'd be out there

watching you and watching me

when i'm listening to you

it is infinitely more important for me

to listen to me

than to listen to you see if you could

get that one

when i'm listening to you

it's infinitely more important for me

to listen to me

than to listen to you of course it's

important to listen to you but it's even

more important that i be listening to me

or else i won't be hearing you

or else i'll be distorting everything

you say

or else i'll be coming at you from my

own conditioning

or else i'll be reacting to you in all

kinds of ways from my insecurities

from my need to manipulate you
from my desire to succeed
from my irritations and feelings that i
may not be aware of so it's frightfully
important
that i be listening to me
when i'm listening to you
that's what they were training us to do
was a training in awareness
and as i shall tell you this morning
how important it is
that you be listening
to yourself
observing yourself
watching yourself
constantly as you react to life and to
people
to the world
so important
how does one do this does one do this
consciously you know i said to you
observe yourself the way you would be
observing someone else that needs a
little explanation you don't always have
to imagine yourself hovering up up
somewhere there in the air looking at
yourself no no no you know to give you
an idea a rough idea of what i'm talking

about imagine a good driver he's driving

a car

he's concentrating on what you're saying

like he's having an argument with you

that's how much he's concentrating

but he's perfectly aware of all the road

signals

and the moment anything untoward happens

the moment there's any untoward sound or

noise or bump he hears it at once he

said you sure you closed that door back

there

how did he get that

he was aware he was alert

the focus of his attention his attention

was on the conversation

on the argument but his awareness was

more diffuse

he was taking in all kinds of things

what i'm advocating here is not

concentration

that's not important

lots of meditative techniques

inculcate concentration i'm wary of

those things

they involve violence and they

frequently involve further programming

and conditioning

what i would advocate is awareness

which is not the same as concentration

at all

concentration is a spotlight

awareness

floodlight

you're open to anything that comes

within the scope of your consciousness

big difference

so when you're practicing awareness

you're never distracted

you may go to sleep

go to sleep even though you're awake

which means you may turn off the

awareness then you're asleep

even though you're talking and reading

etc but when the awareness is turned on

there's never any distraction because

you're always aware of whatever whatever

your the focus of your attention happens

to be

like now i'm looking at those trees

now i'm worrying

was i distracted you would have been

distracted only if you were meant to

concentrate on the trees but if you're

you're aware that you're worried that

isn't a distraction at all
just be aware of where the focus of your
attention goes
and above all if you're practicing this
even to a limited degree
you'll develop an extraordinary skill
when anything goes awry
or anything untoward happens you'll be
alerted at once
something's going wrong
the moment any negative feeling comes
into consciousness you'll be alerted
something going wrong
and you'll give it your attention
something like the driver of the car
awareness awareness awareness now
i told you that as you begin to practice
self-observation
you will see
yourself that you are observing
you
i
am observing
me
now that's a strange phenomenon
i
observing me

remember i told you yesterday

saint theresa vavala

would say

that god gave her the grace

of

disidentifying herself from herself you

know little children talk that way

a two-year-old will say

dummy had his breakfast this morning

he doesn't say i

he says tummy

third person

mystics feel that way

they don't feel i

have a problem they feel

tommy has a problem

that's extraordinary

they have

disidentified from themselves

and at last they're at peace

this is the grace

that saint theresa of avila was talking

about

this is the eye

that the mystic masters of the east

are constantly urging people

to discover and of the west too

because you can count meister a card

from them

they're urging people to discover the i

who's i

what's i

now the important thing is not listen to

the sentence carefully the important

thing is not to know

who i is or what i is you will never

succeed there are no words for this

the important thing is to drop the

labels

as the japanese masters the zen masters

say

don't seek for truth

only drop your opinions drop your

theories

don't seek for truth

truth isn't something you seek for

if you would stop being opinionated you

would know

if you would drop your beliefs and

opinions

you would know

now something similar happens here if

you would drop your labels

you would know

what do i mean by labels

every label you can conceive of
except perhaps human being
i am a human being fair enough
doesn't say very much
but when you say i am
successful that's crazy because success
is not part of the i
success is something that comes and goes
it could be here today and gone tomorrow
that's not i
but you said i am a success
that's where you were in error
that's when you got plunged into
darkness
you identified yourself with success
i am a failure
i am a lawyer
i am a businessman
now you know what's going to happen to
you if you identify yourself with these
things
you're going to cling to them
you're going to be worried that they may
fall apart
and that's where all your suffering
comes in
that's what i meant in the beginning
when i said to you

if you're suffering

you're asleep

do you want a sign

that you're asleep here it is you're

suffering

you're asleep

suffering is a sign

that

you're out of touch with the truth

suffering is given to you

that you might open your eyes to the

truth

that you might understand that there is

some falsehood somewhere just as

physical pain is given to you

to understand that there's a disease

there's an illness somewhere

so suffering

points out

there's some falsehood somewhere

suffering occurs when you clash with

reality

when your illusion clashes with reality

when your falsehood clashes with truth

then you have suffering

otherwise there is no suffering

now listen very carefully

the next few minutes this sounds a bit

pompous

but it's true

the next few minutes

could be

the most important minutes in the lives

of some of you

[Music]

if you could grasp

this you've hit upon the secret

for awakening

you would be happy

forever

you would never be unhappy again

nothing but nothing would have the power

to hurt you

and i mean that nothing

it's like you know you take black paint

and throw it up in the air and keep

throwing black paint in the air

the air is uncontaminated

you don't color the air black

and no matter what happens to you

you remain uncontaminated

you remain at peace

there are human beings and you know it

who have attained to this

that is what i call human

not what people are generally living
that's what i call being a human being
that's what i call natural
not this nonsense of being a pup a
puppet jerked about this way and that
having any event or any person tell you
how to feel and then you proceed to feel
it
they call it being vulnerable
i call it being a puppet
you want to be a puppet we press a
button and you're down
you like that
so there it is
if you do not identify
with any of those labels
first of all
most of your worries cease
what are you generally worried about
later we'll talk about your fear of
disease and death but ordinarily you're
worried about what's going to happen to
your career
a businessman
small time businessman kind of 55 years
old he's sipping beer somewhere at a bar
and he thinks well look at my classmates

they've really made it the idiot they've
made it what do you mean they've made it
they got their names in the newspapers
you call that and made it huh they got
their names in the news in the prison
journal

which all the prisoners are reading
and he thinks they've made it
successful president of a corporation
the other guy has become the chief
justice and somebody else has become
this and the other person has become
that monkey is all of them

who determines what it means to be a
success the main preoccupation of
society is to keep society sick
and the sooner you realize that the
better every one of them
most of them

they're loony they're crazy
you became the president of the lunatic
asylum and you're proud of it
it means nothing it really means nothing
being the president of a corporation has
absolutely nothing to do with being
awake or being happy
or being a success in life nothing
absolutely nothing having a lot of money

has nothing to do with being a success
in life you're a success in life when
you wake up
when you don't have to apologize to
anyone
when you don't have to explain anything
to anyone
you don't feel the need to explain
anything to anyone
you don't give a damn what anybody
thinks of you or what anybody says about
you
you have no worry
you're happy
now that's what i call being a success
i don't know about you
so this poor guy
is thinking sadly
that he isn't a success like his
classmates nobody has ever told him
that having a good job
and being famous
and having a great reputation has
absolutely nothing to do with happiness
or success nothing
it's totally irrelevant
and so he's worried

about what his children will think about
him what will the neighbors think about
him what will his wife think
he should have become famous that's what
your society and your culture is
drilling into your head day and night
and so is mine
people who made it
made what
made asses of themselves
because they drained all their energy
in getting something that was worthless
and they're frightened and they're
confused and their puppets like the rest
look at them strutting across the stage
look how upset they'd get if they had a
stain on their shirt
you call that a success
look how frightened they are at the
prospect that they may not be re-elected
you call that a success
so controlled so manipulated
these are not happy people
these are miserable people
they don't enjoy life
they're constantly tense and anxious you
call that
human you know why that happened

there's only one reason they identified

with some label

they identified the eye

that was their error

with their money

with their job

with their profession

heard about the lawyer who says to a

plumber when he's looking at the

plumber's bill

he says hey

you're charging nearly 200 an hour even

i don't make that kind of money as a

lawyer and the plumber said even i

didn't make that kind of a money when i

was a lawyer

right so

so uh

you could be a plumber or a lawyer or a

businessman or a priest

that does not affect essential i

that doesn't affect you

i change my profession tomorrow

that's like changing my clothes

i is untouched

are you your clothes

are you your name

are you your profession

stop identifying with that

because that will come and go

[Music]

you know what happens when you really

understand this

no criticism can affect

you no flattery or praise

can affect you

either

when someone says you're a great guy

what's he talking about

he's talking about me he's not talking

about i

i is neither great

nor small

i is neither successful

nor a failure

it is none of these labels these things

come in gold

these things depend on the criteria that

your society establishes

these things depend on your conditioning

these things depend on the mood of the

person who happens to be talking to you

right now

they have nothing to do with i

i

is none of these labels

me is generally selfish

foolish

childish and a great big ass

so when you say

you're a nasty you're telling me haha

i've known it for years

that guy there the conditioned self

the conditioned self what could you

expect i've known it for years why did

you identify with him silly

that isn't i

that's me

now

here are those important minutes i was

telling you about

you want to be happy

uninterruptedly

happiness

is uncaused

try to understand that

happiness true happiness

is uncaused

you

cannot make me happy

you are not my happiness

you say to the awakened person

why are you happy

and the awakened person replies why not

happiness is our natural

state

happiness

is the natural state of little children

to whom the kingdom belongs

until they have been polluted and

contaminated

by the stupidities of our societies and

our cultures

to acquire happiness you don't have to

do

anything

because happiness cannot be acquired

does anybody know why

because you have it already

how can you acquire

what you already have

then why don't you experience it

because you've got to drop something

you've got to drop an illusion

you don't have to add anything on to be

happy you got to drop something

life is easy

life is delightful

it's only rough on your illusions

you got illusions

you got ambitions

you got greed you got cravings you know

where they come from from your having

identified with all kinds of labels here

the first thing you need to do is get in

touch with those negative feelings if

you're not even aware of them

you're not going to drop them

lots of people have negative feelings

they're not even aware of

lots of people are depressed and they're

not aware they're depressed it's only

when they make contact with joy that

they understand how depressed they were

you're not going to be able to deal with

a cancer that you haven't detected

you're not going to get rid of wolves in

your farm if you're not aware of their

existence

so the first thing you need is awareness

of your negative feelings what kind of

negative feelings

gloominess for instance

you're feeling gloomy and moody

you feel self-dislike and self-hate or

guilt

you feel that life is pointless

makes no sense

you've got hurt feelings

you're feeling nervous

you're feeling tense

get in touch with those feelings first

second step

this is a four-step program

understand

that the feeling

is in you

it's not in reality

now that's such a self-evident thing but

do you think people know that they don't

believe me they've got phds

they're presidents of universities they

haven't understood this

they didn't teach me how to live at

school they taught me everything else

like the guy who said well i got a

pretty good education and it took me

years to get rid of it to get over it

yes you really need it that's what

spirituality is all about you know

unlearning

unlearning

unlearning all the rubbish they taught

you

now

that negative feeling is in you it's not
in reality so stop trying to change
reality and our bosses and our friends
and our enemies and everybody else and
everything else you don't have to change
anything

the negative feeling is in you
no person on earth has the power to make
you unhappy want me to repeat that
it's very important
there is no event on earth that has the
power

to disturb you

or to hurt you

no event no condition no situation no
person

only nobody told you this they told you
the opposite

that is why you're in the mess that you
are in right now

that is why you're asleep

they never told you this

but it's self-evident

rain washes out a picnic

who's feeling negative the rain or you

what's causing the negative feeling the
rain or your reaction

when you bump your knee
against that chair there or against a
table the table's okay it's busy being
what it was meant to be a table the pain
is in your knee
not in the table
and it's a funny thing you know
the mystics keep telling us again and
again
reality is all right
reality is not problematic
problems only exist in the human mind
we might add
in the stupid asleep human mind
reality is not problematic
take away human beings on this planet
and life would go on
and nature would go on in all her
loveliness and her violence
where would the problem be
no problem
you created the problem
you are the problem
you identified with the me
this is the problem
so
understand that
the feeling is in you

not in reality

third step

never

ever

identify with that feeling

there's nothing to do with the eye

don't define your essential self

in terms of those feelings

don't say i am depressed

you want to say it is depressed that's

okay

you want to say depression is there

that's fine

you want to say gloominess is there

that's fine

but not i am

gloomy

you're defining yourself

in terms of that feeling that's your

illusion

that's your mistake

you watch it

there is a depression there right now

there is a hurt feeling there right now

let it be

leave it alone

it'll pass

everything passes

but everything

your depressions and your thrills

have nothing to do with happiness

your depressions and your thrills

have nothing to do with your happiness

those are the swings of the pendulum

i told you yesterday if you're seeking

kicks you're seeking thrills get ready

for the depression

you want your drug

get ready for the hangover

one end of the pendulum swings to the

other this has nothing to do with i

this has nothing to do with happiness

this is the me

you know if you remember this

if you say this

to yourself a thousand times if you try

these three steps a thousand times

maybe you won't even need to do it three

times i don't know there's no rule for

it

but do it a thousand times

you'll make the big the biggest

discovery in your life

to hell with those gold mines in alaska

what are you going to do with that gold

if you're not happy

if you can't live

you found gold

you're a king

you're a princess

you're free

you don't care anymore about being

accepted or rejected

makes no difference

you know this thing that psychologists

tell us

about how important it is to get a sense

of belonging baloney

what do you want to belong to anybody

for

what do you want to belong to any group

for doesn't matter anymore

they tell me there's an african tribe

friend of mine told me that just three

or four days ago

it was an african tribe there is an

african tribe where capital punishment

means

you're ostracized you're thrown out of

the tribe

and the man dies or the woman dies

just dies physically

from the impact of that feeling
that they're ostracized
you know if you were kicked out of new
york city or wherever you're residing
you wouldn't die how come he dies
because he partakes
of the common stupidity of humanity
he thinks he wouldn't be able to live if
he did not belong
not much different from most people is
it
he's convinced he needs to belong you
don't need to belong to anybody
you don't need to belong to anything or
any group who told you that
you don't need to be loved who fooled
you
what you need is to be free what you
need is to love
that yes that's your nature
what you need is to be happy but to be
loved what you're talking about what
you're really telling me is you want to
be desired you idiot
you want to be applauded
you want to be attractive
you want to have all the little monkeys
running after you

you're wasting your life
wake up
wake up you don't need this
you could be blissfully happy without
this your society is not going to be
happy to hear this you know
because you become terrifying
when you open your eyes and understand
this
how do you control this kind of person
he doesn't need you
he's not threatened by your criticism
he doesn't care what you think of him
or what you say about him
he's cut all those strings he's not a
puppet anymore
he's terrifying
we got to get rid of him
crucify him
he tells the truth
he's become fearless
he stopped being human
human
behold the human being
at last
broke out of his slavery
broke out of their prison

quick summary first step

get in touch with that negative feeling

it's so simple a child could do it

try it about a dozen times today i'll

give you a couple of exercises after the

break get in touch with that negative

feeling

be

don't try to change reality

oh i'm not saying you won't do something

later on but first of all

let's make sure

that you're at peace

let's make sure that you're awake let's

make sure that you're not

acting

going out in social work from your

illusions

let's make sure that you're real

now we may change things or we may not

but what you have to understand is that

the negative feeling is in you

not in the events

no event justifies a negative feeling

period

get that one

there is no situation in the world that

justifies a negative feeling

that's what all our mystics have been
crying themselves hoarse to tell us
that nobody hears
the negative feeling is in you
the bhagavad gita the sacred book of the
hindus lord krishna says to arjuna
marvelous sentence
plunge into the heat of battle
and keep your heart
at the lotus feet of the lord
keep your heart at peace
at the lotus feet of the lord
plunge into the heat of battle
because as some of you probably know
the book is set
on a battleground
extraordinary symbolism there do i run
away from the battle do i fight my
relatives go right ahead do your duty
but your heart is unaffected
the eye is unaffected
so
the negative feeling is in you
understand that
put the focus where it belongs
stop blaming other people
there are people in your situation who

would not react negatively

how about that now

you know you'll notice a funny thing

happening to you

you'll think you're really going crazy

because you know what you're going to be

doing after a while seeking out the

company of people whom you avoided

before

because they created negative feelings

in you you're going to be saying let's

see if he creates a negative feeling

with me now he doesn't

he doesn't glory be

that's the kind of thing you're going to

be doing

you're going to go out into the lanes

the bathrooms and the the the hedges and

bring in the lame and the crippled and

the blind and the dumb you're bringing

them all bring them along

there's room for everybody remember that

sentence i said to you yesterday

to include the excluded

to return love for hate

easiest thing in the world

if you understand

that the negative feeling is in you

third step

don't ever identify with that feeling

that feeling isn't you

there's nothing to do with you

later we'll find out where it comes from

it's the result of your conditioning

it's humiliating to realize perhaps

that you were trained to react to that

way

you were trained

that way if i haven't said

all right that'll do let's take a 20

minute break

that was a four program wasn't it

and i gave you only three

i can see you're quite eager to get the

fourth point

it's very encouraging for the speaker

you know

all right so remember we said point one

identify

the negative feeling

if you would drop it

you would be happy you don't even need

to drop it to be happy

happiness

is your state of being

you don't have to do anything

to acquire happiness

a great meister ecot

said very beautifully

god is not attained

by a process of addition

to anything in the soul

but by a process

of subtraction

you don't do anything to be free

you drop something

then you're free

reminded of the irish prisoner who dug a

tunnel

under the prison

managed to escape

he comes out right in the middle

of a school

playground with his little children

playing and of course when he emerges

from the tunnel he couldn't restrain

himself anymore he began to jump up and

down and said i'm free i'm free i'm free

and there was a little girl there who

looks at him scornfully and he's and she

says that's nothing i'm full

[Music]

so you drop something you drop your

prison cage and you're free you don't do

anything

you drop your illusions

and you're awake

you drop your attachments

and you are loved

you are sensitive

you are conscious

you're in touch with all of life

you drop your misconceptions

your negativities

and you have happiness

the other thing that you acquire isn't

happiness at all those are thrills

that's your drug and i'm sure it has

occurred to some of you to think

wouldn't it be a dull life with no

cravings

and no thrills

wouldn't that be dull that's right the

addict always feels

that life would be dull without the drug

when you taste it you'll understand so

step number one get in touch with those

negative feelings identify them

step

two

understand

that those feelings are in you

in the me

not in the external world

not in other people

step three

never identify the eye

with those feelings

feelings come and go

just as i am not my thoughts

i am not my body cells

i am not my clothes i am not my name i

am not my profession

i am not these feelings i am not

depressed

depression exists right now

there within me

i observe it

i watch it

and let it be

stop trying to fix it let it be it's all

right

someday you will understand it

and that's the fourth point how about

change

how about changing things

how about changing ourselves

now there are many things you have to

understand here or basically just one
thing
but could be expressed
in many ways
imagine a doctor a patient goes to a
doctor
and tells the doctor
what
he is suffering
from and the doctor says very well i've
understood your symptoms you know what
i'll do i'll prescribe a medicine for
your neighbor
and the patient replies thank you very
much doctor that makes me feel much
better
isn't that absurd
isn't it absurd
that's what we're all doing
repeatedly people are doing this
the sleeper
always feels that he'll feel much better
if somebody else changes
you're suffering
because you're asleep
and you think how wonderful life would
be if somebody else changed

how wonderful life would be

if uh my neighbor changed my wife

changed my husband changed my boss

change

there's that lovely

zen

couplet

written by one of the great masters i

sometimes make an exercise out of it but

we're not going to have time to do it

here when we have these longer courses

of eight or nine days then we can afford

that kind of luxury the man says

if my grumbling wife

were alive

tonight

i would have enjoyed

the sight of the moon

if my grumbling wife

had been alive tonight

how i would have enjoyed

the sight of the moon

[Laughter]

we better not go too deep into that one

well

we always want somebody else to change

so that we will feel good but has it

ever struck you

that if your wife changes
or your husband changes
what does that do to you
you're just as vulnerable as before
you're just as idiotic as before
you're just as asleep as before
it's you who need to change it's you who
need to take the medicine
so
there's always the feeling of
i feel good because the world is right
wrong
the world is right because i feel good
that's what all the mystics are saying
when you awake
when you understand
when you see
the world becomes right
we're always bothered aren't we
by the problem of evil
that extraordinary powerful story
of the little kid
who's walking
in a jungle village
in africa
along the banks of a river
and sees a crocodile

who's been trapped in a net
and the crocodile says
would you have pity on me and release me
i may look ugly but it isn't my fault
you know i was made this way
and whatever my external exp appearance
i've got a mother's heart i came out
this morning in search of food for my
young ones
and i got into this trap and the boy
says aha if i were to help you out of
that trap you'd kill me you'd grab me
and the crocodile says do you think i'd
do that to my benefactor and liberator
so the boy was persuaded and he took the
net off and the crocodile grabbed him
there he was caught between the jaws of
the crocodile and he says so this is
what i get for my good action and the
crocodile says
well don't take it personally son
this is the way the world is this is the
law of life
and the boy says this is not the way the
world is this is not the law of life
and the crocodile says you want to ask
someone
he says

he's a bird sitting up on a branch and
he says bird this is what the crocodile
says what have you to say the bird says
the crocodile is right look at me
i was coming home one day with food for
my fledglings
and imagine my horror as i was coming
back to my nest
to see
a snake crawling up that tree making
straight for my nest
and i was totally helpless while it kept
devouring my young ones one after the
other
i kept screaming and shouting but it was
useless
the crocodile is right
this is the law of life
this is the way the world is
see said the crocodile come let's go
the boy said well let me ask someone
else
and the crocodile said all right
go ahead
there was an old donkey passing by the
bank of that river and he said donkey is
this is what the crocodile says is the

crocodile right and the donkey said the
crocodile is quite right look at me
i've worked and slaved for my master all
my life
and he barely gave me enough to eat and
now that i'm old and useless he has
turned me loose and here i am wandering
in the jungle waiting for some wild
beasts to pounce on me
and put an end to my life
the crocodile is right
this is the law of life this is the way
the world is
see says the crocodile let's go
the boy said give me one chance one last
chance let me ask one other being look
how good i was to you so the crocodile
said all right
your last chance
and the boy sees a rabbit passing by and
he says rabbit is the crocodile right
the rabbit sits on its haunches and says
to the crocodile did you say that to
that kid
and the crocodile said yes i did
he said wait a minute now
we've got to discuss that
the crocodile said go right ahead

and the rabbit said how could we discuss
it if you've got that boy in your mouth
release him he's got to take part in the
discussion too

that crocodile says you're a clever one
you are the moment i release him he'll
run away

and the rabbit said i thought you had
more sense than that

if he attempted to run away one slash if
your tail would kill him fair enough
said the crocodile so he released the
boy and the moment the boy was released
the rabbit said run

and he ran and escaped

then said the rabbit to the boy

don't you enjoy crocodile flesh

don't the people in your village and
wouldn't they like to have a good meal
you know something you didn't really
release that crocodile most of his body
is still caught in the net why don't you
go to the village and bring everybody
and have a banquet so that's exactly
what the boy did he went to the village
called all the men folk they came with
their axes and staves and spears to kill

the crocodile and the boy's dog came
with him and when the dog saw the rabbit
he gave chase
caught hold of the rabbit and throttled
it
and
the boy comes panting
on the scene
too late
and as he watches the rabbit die he says
the crocodile was right
this is the way the world is
this is the law of life
and there's no explanation you could
give
that would explain away
all the suffering
and the evil
and the torture
and the destruction
and the hunger
in the world
you never explain it
you're trying gamely
with your formulas religious
and otherwise but you never explain it
because life is a mystery
which means

your thinking mind cannot make sense out
of it

for that you've got to wake up

and you suddenly realize

that reality is not problematic

you are the problem

the scriptures are always hinting at

that but you will never get it

because you won't understand a word of

what the scriptures are saying till you

wake up

sleeping people read the scriptures

and crucify the messiah on the basis of

them

you've got to wake up to make sense out

of the scriptures

do you know something when you do wake

up they make sense

so does reality

but you'd never be able to put it into

words

now

wouldn't you do something wouldn't you

swing into action of course you'd swing

into action

but we've got to make sure

that you're not swinging into action to

get rid of your negative feelings
am i making sense lots of people swing
into action
and only make things worse you know
because they're not coming from love
they're coming from negative feelings
they're coming from guilt from anger
from hate from a sense of injustice or
whatever
we got to make sure of that first
we've got to make sure of your being
before you swing into action
you got to make sure who you are before
we see what you do
and unfortunately when sleeping people
swing into action they just substitute
one cruelty with another
one injustice with another and so it
goes on
meister reichardt
again
says so powerfully
it is not
by your actions that you will be saved
or awakened
call it any word you want
but by your being
it is not by what you do

but by what you are
that you will be judged
of course
what good is it to you to feed the
hungry and give drink to the thirsty and
visit the prisoners in jail remember
that sentence
i could give my body to be burnt and all
my goods to feed the poor but if i have
not love
ah
that's important not your actions not
your actions forget it
it's your being
then you might get into action or you
might not get into action
you can't decide that
till you know
till you understand till you're awake
and unfortunately
all the emphasis is being put on
changing the world
and very little emphasis on waking you
up
you wake up you will know
what to do or what not to do some of the
mystics are very strange you know like

that man jesus who says i wasn't sent to
those people
i just limit myself to what i'm supposed
to do right now
later maybe
some of them go into silence
mysteriously
some of them sing songs
some of them get into service we're
never sure
they're a law unto themselves
they know exactly what is to be done
get into the heat of battle
keep your heart at the lotus feet of the
lord as i said to you this morning
so
see what happens to us
when we're asleep
it's like
i said to you before
the world
is good
or the world is right because you feel
good imagine that you're unwell
and you're in a foul mood
and they're taking you through some
lovely country side
beautiful

but you're not in the mood for seeing
anything
another day you pass by the same place
and you say good heavens where was i
that i didn't notice all of this
everything becomes beautiful when you
change
you're looking at the trees and the
mountains
through windows that are wet with the
rain in a storm
and everything looks blurred
and shapeless and you want to go right
out there and change those trees and
change those mountains wait a minute
let's examine your window
when the storm ceases
and the rain stops
and you look out of the window you say
well
how different everything looks
because we see people and things not as
they are but as we are
and it's so important to understand that
that is why when two people look at
something or look at someone
you get two different reactions

we see

things and people

not as they are

but as we are

remember that sentence about everything

turning to good

for those who love god

when you awake

you don't try to make good things happen

they just happen

it just happens

because you understand suddenly that

everything that happens to you is good

marvelous

so think of the people you're living

with and whom you want to change

you find them moody

inconsiderate

unreliable

treacherous

or whatever

when you are different

they will be different

that's an infallible and miraculous

pure the day you are different

they will become different

you will see them differently

he seemed so terrifying

he's actually frightened

she seems so rude

i

am actually

frightened

or whatever

we suddenly see things differently

all of a sudden

no one has the power to hurt you anymore

no one has the power

to put pressure on you

it's a marvelous state

you're putting pressure on me

you know it's something like this it's

like you leave a book on the table and i

pick it up and i say you're pressing

this book on me not missing any book on

me you're doing your thing

it's up to me to pick it up or not to

pick it up

but people never understood that

they're so busy accusing everybody else

blaming everyone else

blaming life

blaming society

blaming their neighbor

you never change that way you continue

in your nightmare

you never wake up

so

if you would put this program into

action as i said to you this morning a

thousand times

a identify the negative feelings

be

understand that they are in you

not in the world

not in external reality

c

do not say that that is an essential

part of i

these things come and go

d

understand

that when you change

everything changes

that still leaves us with the big

question

how do i

change

do i do anything to change myself

i'm going to leave that for a little

later let me give you a two minute

exercise

give you a little discussion

field a few questions because i've done
so much talking this morning then we'll
move on to do i do anything to change
myself got a big surprise for you lots
of good news even better news
you don't have to do
anything
the more you do the worse it gets
all you have to do
is understand
what you understand will change
will always change
but uh more about that
later
after this little exercise this sounds
like a commercial almost doesn't it
now
let's try this one
get in touch with yourself
for a few seconds
become aware of your presence in this
room
become aware of the kind of thoughts
that are going on within you
think of somebody
you're living with or you're working
with

whom you do not like

who causes negative feelings to arise

within you

now let's help you to understand that

to understand what's going on

first

the first thing you need to understand

is

that the negative feeling is in you

you are responsible for the negative

feeling

not the other person

somebody else in your place

would be perfectly calm

and at ease

in the presence of this person

wouldn't be affected

you are

now understand another thing

you're making a demand there

you have an expectation

of this person

and you get in touch with that

now say to this person

i have no right

to make any demand on you

because as you say that you will drop

your expectations

i have no right
to make any demand
on you
oh i'll protect myself
from the consequences of your actions or
your moods or whatever
but you could go right ahead and be
what you choose to be
i have no right to make any demands on
you
see what happens to you when you do this
and if there's a resistance to saying
that
my how much you're going to discover
about your me
let the dictator come out
let the tyrant come out
you thought you were such a little lamb
didn't you
i'm a tyrant you're retired
little variety from i'm an ass you're an
ass
i'm a dictator you're a dictator
i want to run your life for you i want
to tell you exactly how you're expected
to be and how you expect it to behave
and you'd better behave as i have

decided you have to behave

or else

i shall punish myself by having negative

feeling

that sounds so wise doesn't it

remember what i told you everybody's a

lunatic

now you're catching on

okay give it a few seconds more

and we'll call a halt to the exercise

that will do okay let's have those

questions do you have any questions yes

yesterday when i got home

i found out that my son got the reward i

mean an award from his in high school he

got

an award for

excellence in sports and uh

academics i was

happy for him

that he did that

but i was almost tempted to say no glory

in that

award because it's setting you up for

the time when you cannot perform as well

so i'm at a dilemma right now

how am i to prevent the same thing

happening to him

that is happening today without bursting
his power at this time
hopefully he'll learn
as you yourself grow in wisdom
it's not a matter of anything you say
to him
but something that
eventually you will become
and he will understand then you will
know what to say and when
that award
the result of cruelty
the result of competition
built on hatred
of oneself
and of others
ever thought of that
you get a good feeling
on the basis of somebody getting a bad
feeling
you win over somebody else
isn't that terrible
taken for granted in the lunatic asylum
as an american doctor who wrote about
the results of competition on his life
he said he went to medical school in
switzerland

and he said there was a fairly large
contingent of americans at that school
he said some of us went into shock
when we realized
that there were no grades
and there were no awards
and there was no marks list
there was no first or second rank
at medical school
you either passed or you did not
so he said some of us simply couldn't
take it
we became
kind of paranoid we thought there must
be some kind of a trick here
and he says they couldn't take it so
they went to another university they
went to another school
he said those of us who survived that
suddenly discovered a strange thing that
we had never noticed at our american
universities
students
brilliant ones helping one another to
pass
sharing notes
hey you might want to read this
he says my son goes to medical school in

the states now

and he tells me that in the practicals

people frequently skew up the microscope

so that it'll take the next guy three or

four minutes to rearrange it

they got to get ahead

competition

they got to succeed

they got to be perfect and he tells a

lovely little story which he says is

real

but it could serve as a beautiful

parable

of a little town in the states

where people gathered off an evening to

make music

you had a

saxophonist and a drummer and a

violinist and mostly old people they got

together for the company and for the

sheer joy of making music though they

didn't make it very well why do you have

to do things well

do them enjoyably not well

so they were enjoying themselves having

a great time till they decided they'd

get a new conductor who had a lot of go

and a lot of ambition and a lot of drive
and he said hey folks we got to make a
concert we got to prepare a concert for
the town so then he gradually got rid of
some of the people who didn't play too
well

hired a couple of musicians got an
orchestra into shape and they got their
names into the newspaper wasn't that
wonderful

then they decided they'd go to the big
city and and play there

and some of the older people had tears
in their eyes as they thought
well

it was so wonderful in the old days
when we did things badly and enjoyably
cruelty came in but nobody recognized it
as cruelty

see how luna's lunatic people have got
oh oh

all right

what's the meaning of that sentence i
added
about

i'll protect myself you go ahead and be
yourself that's all right but i'll be
myself in other words i won't allow you

to manipulate me

i live my life

i'll go my way

i leave myself free

to think my thoughts

and to follow my inclinations and my

tastes

and i'll say no to you

and if i think i don't want to be in

your company that'll be fine but it

won't be

because of any negative feelings that

you cause in me because you don't

anymore

you don't have any more power over me

but i'm just might prefer other people's

company and when you say to me how about

a movie tonight and i say sorry i want

to go with someone else i enjoy his

company more than yours that's all right

just say no to people

that's wonderful

that's part of waking up

part of waking up is that you would live

your life as you see fit and understand

that that is not selfish

the selfish thing is to demand that

someone else live their lives as you see

fit ah that's selfish

my that's a a big sentence to take in

in a few minutes you probably need a

whole day for that

it is not selfish to live your life as

you see fit

the selfishness lies in demanding that

someone else live their life

to suit your taste

or your pride

or your prophet

or your pleasure that is selfish indeed

so i'll protect myself i don't feel

obligated to be with you i don't feel

obligated to say yes to you

if i find that your company is pleasant

fine i'll enjoy it without clinging to

it

uh

and i no longer avoid you

because of any negative feelings you

create you don't have that power anymore

many other hands going

yes possible for a four-year wait

to wonder up

survive

like i realize even if i

you know run into

uh a year from now this paris

question and i said oh come on what a

surprise to people i'm excited

[Music]

well it all depends on what you mean by

surprise

when you don't expect something and it

happens you feel surprised but i think

what you're describing there john is a

thrill

would you be thrilled

i doubt it you wouldn't want drugs

anymore you lose your taste for them

every minute is so enjoyable

that you wouldn't go in for kicks you

know the way some people just don't have

a taste for drums

others do

how would you describe

[Music]

oh surprise means uh gee i i didn't

expect that today's session would be

cancelled it was i'm surprised

as webster is reported to have said to

his wife

i think she

she said

she caught him kissing the maid

and she said she was very surprised

now webster who was a stickler for

using words accurately understandably he

wrote a dictionary he said no my dear

i

am surprised

you are astonished

yes how many people are asking questions

about what will happen when we wake up

why bother let's wake up

does it matter

to you so much that you be awakened

that's awful

you know what you're going to do now

you're going to make that a goal

and you're going to be determined to get

there

and you're going to say i refuse to be

happy

until i'm awakened

so

it's okay to be the way you are

and be aware

of the way you are

because awareness

is happiness

but you won't understand that right now

probably

and you will understand

that you reacted so quickly

because you were not aware

and you'll understand that there are

times when you react even in awareness

but as awareness grows

you react less

and you act

more

you come less from here

and more from here

and it really doesn't matter

you know there's a story of a disciple

who says to his guru

that he's going to go

to some place and meditate and hopefully

attain enlightenment

so he sends him a note every six months

to report the progress that he's making

and the first report says

now i understand what it means to lose

the self the guru tore that up and threw

it in the waste paper basket

then he gets another report after six

months which says now i have attained

the sensitivity to all beings dawn up
then another report says now i
understand the secret of the one in the
many torn up and so it goes on
for years until finally no reports come
in
no more reports so the guru becomes
curious and one day when there's a
traveler going by that side he says to
him why don't you find out what happened
to that guy
and he gets a note from the guy saying
what does it matter and when the guru
gets that he says now he made it he
moved he made it he got it
he got it
another one about the soldier who on a
battlefield would drop his rifle and
pick up a scrap of paper and look at it
and then he would let it fall from his
hands it would flutter to the ground and
then he'd go somewhere else and pick up
a scrap of paper and let it
fall to the ground and they said this
man's exposing himself to death he needs
help so they put him in hospital they
get the best psychiatrist to work on him
but it seems to have no effect he

wanders around the wards he picks up
scraps of paper he looks at them idly
lets them flutter to the ground
in the end they say we got to discharge
this guy we got to discharge him he you
know so they call him in and they they
give him a certificate kind of
discharging him and he picks it up id
looks it he says
this is it
right
what does it matter
so
begin to be aware of your present
condition whatever that condition is
stop being a dictator i'll have to talk
about that this afternoon and trying to
push yourself anywhere
and someday you will understand how in
that awareness
you
have attained it but you didn't know it
but that'll come gradually
be aware and i'll explain to you this
afternoon how awareness will bring the
change
where does compassion come and where

does guilt come in you'll know when
you're awake
if you're guilty right now how on earth
could i explain that to you
and how would you know what compassion
is
you know sometimes people want to
imitate christ
when a monkey plays the saxophone that
doesn't make him a musician
it really doesn't
you can't imitate christ
by imitating his external behavior
you've got to be christ then you know
exactly what to do in a given situation
given your temperament given your
character given your situation given the
character and temperament of the person
you're dealing with you know exactly
what to do
no one can tell you
but for that you must become
you must be what christ was you will
know that merely external imitation will
get you nowhere you may think that
compassion is softness there's no way i
could describe compassion to you there's
absolutely no way

compassion can be very hard compassion

can be very rude

compassion can jolt you

compassion can roll its sleeves up and

operate on you

all kinds of things compassion can be

very soft there's no way of knowing

it's only when you become

love

in other words when you have dropped

your illusions and your attachments

that you will know

as you identify less and less with the

me

you're more at ease with everybody and

with everything do you know why

because you are no longer afraid of

being hurt

or not liked

or being left

and you no longer desire to impress

anyone

can you imagine the relief

when you don't have to impress anybody

anymore

oh what a relief

happiness at last

and as i said to you this morning
you don't feel the need or the
compulsion to explain anything anymore
it's all right what's there to be
explained
and you don't feel the need or the
compulsion to apologize anymore
what did you expect of an ass
he behaved like an ass
now what i need to tell you or well you
don't even feel the need to say that but
if anything had to be said i'd much
rather hear you say you know i've come
awake
then hear you say i'm sorry
i'd much rather hear you say to me
i've come awake since we last met
won't happen again
and to hear you say i'm so sorry why
would i demand an apology from you ever
thought of that
why would anyone demand an apology
ah there you've got something to explore
you're thinking of someone
mean to you
nobody was mean to you you missed that
somebody was mean to what he thought or
she thought was you

but not you

nobody ever rejects you

you're just rejecting what they think

you are

if you choose to pick that up that's

your responsibility

but that cuts both ways you know nobody

ever accepts you either

never thought of that one

until somebody is awake

that's the way they're behaving

they're accepting or rejecting their

image of you

they've fashioned an image of you

and they're rejecting that or they're

accepting that

be devastating to go deeply into that a

bit too liberating

very liberating

somebody talked about compassion

how easy it is to love people when you

understand this

how easy it is to love everyone

when you don't identify

with this

or what they think this is

you don't identify

so

so easy to love them

to love everybody

yes did you uh understand me to say

the thinking i and the feeling me

oh

i observing

me but not thinking

because me does a lot of bad thinking

and good thinking too

but when i

watches me

i

is constantly aware

this is a reflection

in reality you don't really think of i

and me

in reality you're like that driver

driving the car

who doesn't want to lose consciousness

of the car

ever

now are you telling me you want to go

unconscious sometimes

that's all right to dream

it's all right to have day dreams

but never lose consciousness of your

surroundings

you're always alert you know it's like a
mother who would be sleeping she doesn't
hear the planes roaring above the house
but she hears the slightest whimper of
the baby she's alert
she's awake

in that sense that's what i mean so you
probably didn't quite get what i was
hinting at or maybe i didn't explain it
clearly enough when a person's awake the
person's awake

let's get there
then we'll know

one may not say anything about the
awakened state

one can only talk about the sleeping
state

one hints at the awakened state

one may not say anything about happiness

happiness cannot be defined

what can be defined is misery

unhappiness

drop that and you will know

love cannot be defined

unloved can

drop unloved

drop fear

and you will know

another hand up there yes

yes

did anybody hear me say i don't favor

meditation no that's all right

meditation is okay

in fact that's what i'm recommending the

whole time yes

that's a good one wouldn't this cause

pay the people around you who are still

asleep

you're causing a lot of pain when you

are asleep you know plenty of it

you want everybody to be awake

good meaning yourself too

now that's a good place to start

okay

oh you don't want to be awake

or you are congratulations

yes

you'll know when you wake up

everybody is asking questions on what

will happen when they arrive

very few are really

is this curiosity that's the word

curiosity

it doesn't matter

what's important is that you would have

grasped what i'm saying

but we're always asking how would this

fit into that system

or

would this make sense in that context

or

what will it feel like when we get there

get started you'll know it cannot be

described

we cannot say

and so it is said so widely in the east

those who know

do not say

those who say

do not know

it cannot be said

only the opposite can be said

the guru

cannot give you truth

as i shall explain to you

sooner or later

truth cannot be put into words

you have a formula

that isn't the truth

that isn't

the reality

reality cannot be put into a formula

the guru can only point out your errors

when you drop your errors

you will know truth

and then you cannot say

this is common teaching

among the great catholic mystics

the great thomas aquinas

who towards the end of his life i

thought he kept that famous silence of

his for just a couple of months or

something it went on for years

he wouldn't write he wouldn't talk he

had seen

and he realized that he had made a fool

of himself and he said so explicitly

it's like if you've never tasted a green

mango

which are in a found in abundance in my

country and you said to me what does it

taste like

and i'd say to you

oh

and in giving you a word i put you off

the track

try to understand that

unless you're very wise which most

people are not they seize upon the word

they cease upon the words of scripture

and they've got it all wrong
sour and you say vinegar sour oh no no
not vinegar salt you say lemon sour you
say no no no lemon salt what's up mango
sal

but i've never tasted one too bad then
you go ahead and write a doctoral thesis
on it

you wouldn't have if you had tasted it
you really wouldn't

you would have written a doctoral thesis
on other things but not on this

and the day you taste a green mango you
say god i made a fool of myself i
shouldn't have written that thesis
exactly what thomas aquinas did

he

read a whole book written by a great
german philosopher and theologian
precisely on the silence of saint thomas

he just went silent that's all he

wouldn't talk

wouldn't talk

the great foundation of his summa
theologica which was the summary of all
his theology in the prologue he says
about god

we cannot say

what he is but rather what he is not

and so we cannot speak

about

how he is but rather how he is not

and then he talks in his famous

commentary of boeishes

de trinitati on the trinity and he says

there are three ways of knowing god

one

in his creation

two

in his action

through creation

and the highest form of the knowledge of

god

is

to know him tam quam ignotum

to know that one does not know

the highest form talking about the

trinity to know

that one does not know

now this is not an oriental zen master

this is a canonized saint of the roman

catholic church

the prince of theologians for century

who's talking

to know him as unknown

and in another place he says as

unknowable

i'll explain that to you possibly this

afternoon

why reality

god

divinity

truth

love is

unknowable meaning

cannot be comprehended by the thinking

mind

i'll explain that to you

i'll show you why it is so

and that will set at rest so many

questions that people would have

because we're always living under the

illusion that we know

we don't

we cannot know

what then is scripture a hint

a clue

not a description silly

the fanaticism

of a sincere believer

causes more evil

than the united effort of 200 roles

it really does

it's terrifying to see

what sincere believers will do

because they think they know

you don't

wouldn't be wonderful if we had a world

where everybody said we don't know

wouldn't that be marvelous

we don't know

a man born blind who comes to me and

says what is this thing called reality

or rather what's the color green what's

the color green like

and

how does one describe the color green

to someone who is born blind

one uses analogy

one says you know the color green

it's something like uh

like soft music

he says oh something like soft music

yeah soothing stop oh

okay

another guy comes to me and says what's

the color green like i say you know it's

something like soft satin

very soft to the touch and soothing he

says oh i say the next day i know

they're bashing each other over their
head with bottles one saying it's it's
it's soft music the other one says it's
a satin and so it goes on
and neither of them knows a thing of
what they're talking about because if
they did they'd shut up
it's as bad as that and it's even worse
because one day
you restore sight to this man
and he's sitting there in the garden
and he's looking all around him
and i say to him
well now you know what the color green
is
he says that's right i heard some of it
this morning
you know you're surrounded by god and
you don't see him because you know about
him that's why
the final barrier
to the vision of god
is
god is your god concept
you miss it
because you think you know
that's the terrible thing about religion

that's what the gospels are saying

they knew so they got rid of him

the highest

knowledge of god

is to know god

as unknowable

there's far too much god talk

the world is sick of it

there's too little awareness

too little love

too little happiness oh let's not use

those words either

there's too little dropping of illusions

dropping of errors

dropping of attachments and cruelty

too little awareness

that's what the world is suffering from

not lack of religion lack of awareness

lack of waking up that's what religion

is all about that's what it's supposed

to be about

look what we degenerated into

come to my country and see them killing

one another

you find it everywhere

this is what it ended up in

so

the one who knows

does not say

the one who says

does not know

all revelations however divine

are never anything more

than a finger pointing to the moon

and as we say in the east

when the sage points to the moon

all that the idiot sees

is the finger

very

via orthodox catholic writer in

france adds a terrifying comment

we frequently use the finger to gouge

our eyes out

isn't that

terrible soul

awareness

awareness

awareness

in awareness

is healing

in awareness

is truth

in awareness is salvation

in awareness is spirituality

in awareness is growth

in awareness is love

in awareness is awakening

awareness

i talked to you

so far

about awareness

of what goes on in the self

the me

why it is

that when we look at a tree we really

don't see it we think we do but we don't

when we look at a person

we don't really see that person we think

we do

what we're seeing

is

something that we fixed in our minds

we get an impression we hold on to that

impression

and we keep looking at that person

through that impression

and we do this with almost everything

if you understand that

then you will understand the loveliness

and beauty

of being aware also

of everything around you

because reality is there god whatever

that is is there

it's all there

the little fish in the ocean excuse me

he says

i'm looking for the ocean

could you tell me where i could find it

to set it isn't it

so

if we would open our eyes and see and

realize

then we would understand

let's get back to that business of me

and i

there's that marvelous sentence in the

gospels

and

well one finds it in most religious

literature and all religious and

spiritual literature mystical literature

about dying

to the self

about denying

oneself

about

losing

the self remember

all right

how does one lose

oneself

ever tried ever tried

to lose something

that's right the harder you try

the more difficult it gets if you really

want to lose it as she says very well

when you're not trying then you lose

things

you lose something when you're not aware

you drop it

oh how does one die to the self

we're talking about death now we're not

talking about suicide we're not told to

kill the self but to die

and to deny the self

does that mean one causes pain to the

self

one causes suffering to the self but

that would be self self-defeating that

would be counterproductive

you're never so full of yourself as when

you're in pain

you're never so centered on yourself

as when you're depressed

you're never so ready to forget yourself

as when you're happy

happiness releases you from the self

it's suffering and pain and misery and
depression that ties you to the self
look how full you are of your tooth when
you have a toothache
when you have no toothache you're not
even aware you've got a tooth
or that you've got a head for that
matter when you have no headache
but it's so different when you have a
splitting headache so it's quite false
quite erroneous to think
that the way to deny the self is to
cause pain to the self to go in for
abnegation
mortification as it was traditionally
understood
and to cause suffering
to deny
the cell
to die to it
to lose it
is to understand its true nature
and it will disappear it will vanish
i frequently give the example of
somebody who walks into my room one day
and i say come right in
may i know who you are

he says i am

napoleon

and i say not nepal precisely bonaparte

that's right emperor of france what do

you know

and i'm thinking to myself i'd better

handle this guy with care

sit down your majesty says i

so he sits down

and i say what can i do for you

and he says uh

well they tell me you're a pretty good

spiritual director and i've come up with

a spiritual problem i'm anxious i'm

finding it hard to trust in god because

i've got my armies in russia see and i'm

spending sleepless nights wondering how

it's going to turn out and i say well

your majesty i could certainly propose

something for that

uh what i suggest is that you read

matthew 6 you know look at the birds of

the air look at the lilies of the field

they're not anxious they're not worried

by this stage you're wondering by the

time we get to this stage you're

wondering who is crazier he or i

but i'm going along with this lunatic

see

that's what the wise guru does with you

in the beginning he goes along with you

he takes your trouble seriously

he'll wipe a tear or two from your eye

because you're crazy but you don't know

it is yet

the time soon has to come when he'll

pull the rug from under your feet and

tell you get off it you're not napoleon

in those famous dialogues of catherine

of siena god has reported to sata to

have said to her

i am he who is

you are she who is not

ever experienced your is not-ness

in the east

we have an image for this

the image of the dancer and the dance

god is viewed as the dancer

and creation as his dance

it isn't as if he is the big dancer and

you are the little dancer oh no no no no

no you got it all wrong

you're not a dancer at all you are being

danced

ever experienced that

when this guy comes to his senses and
realizes that he is not napoleon he does
not cease to be he continues to be
but he suddenly realizes that he is
something other than what he thought he
was

is that clear he realizes
that he is something other
than what he thought he was
to lose the self

is to suddenly realize that you are
something other than what you thought
you were

you thought you were center
now you experience yourself as satellite
you thought you were dance dancer you
now experience yourself as
danced

now these are analogies
these are images you cannot take them
literally they just give you a clue they
give you a hint they're pointers don't
forget so you cannot press them too much
don't take them literally

i'll come back to this idea again when
we come back to the scriptures
the scriptures are mystical poetry
they're not scientific descriptions

but more about that when we come to the

bible

so

the loss of the self

when you understand

who

what you are

the self the illusory self is lost

as a step to attaining that to moving

towards that

i suggest this

again this is a kind of an imagery now

don't go around imagining that this i is

another guy

and me is another person no no no no no

these are ways of talking

but as you begin to understand the

transitory nature the transient nature

of all these things that they keep

attributing to you

you dissociate yourself increasingly

from them

that's about the best you can do i think

to prepare the ground for the loss of

the self

for the death to the self

to move on to another idea this whole

matter of one's personal worth

self-esteem

self-worth where do you get it from

do you get it from success in your work

you get it from having a lot of money

you get it from attracting a lot of men

if you're a woman or a lot of women if

you are a man

how fragile that is

how transitory

and when we talk about self-worth

are we not talking

really about how we are reflected in the

mirrors of other people's minds

do we need to depend on that

one understands one's worth again a way

of talking when one no longer identifies

or defines oneself

in terms of these transient things

one no longer does that

i'm not beautiful because everyone says

i'm beautiful

i'm really neither beautiful nor ugly

these are things that come and go

i could be suddenly transformed

into a very ugly creature tomorrow

but i

is still i

and then again after plastic surgery i
become beautiful does the eye really
become beautiful see you'll need to give
a lot of time to reflect on these things
i've sort of thrown them at you in rapid
succession but if you would take time
out to understand what i have been
saying to dwell on it
my
you have
a gold mine
there
i know
because when i stumbled upon these
things what a treasure i discovered
and to summarize some of that stuff i
was giving you this morning you know i
put it in a simple sentence
pleasant experiences
make
life delightful
painful experiences
lead to growth
pleasant experiences
make life
delightful they don't lead to growth in
themselves

what leads to growth is painful
experiences
suffering points up
an area in you
where you have not yet grown
where you need to grow and be
transformed and changed
just as physical pain
points to an illness in your body
if you would know how to use that
suffering oh how you would grow
let's limit ourselves for the time being
to psychological suffering to all those
negative emotions
don't waste a single one of them
i told you this morning in that four
point program
what you could do with these emotions
that disappointment you experience
when events don't turn out as you wanted
them to
watch that what does that say about you
but without condemnation or you're going
to get caught up in self-hate now
or self-dislike observe it as you would
in another person
look at that disappointment
that depression you experience when you

are criticized what does that say about
you
how much you will learn
that anxiety you experience
that worry
ever heard about the guy who says who
says worry doesn't help it certainly
does every time i worry about something
it doesn't happen
so it certainly helped him or the other
one who says
he says the neurotic is a person who
worries about something that did not
happen in the past not like us normal
people who worry about things that will
not happen in the future
that's it that worry that anxiety what
does it say about you
what's happening to you
so if you would use this negative
feeling every negative feeling every
psychological suffering for awareness
for understanding for dissociating from
the feeling and watching it from outside
in the beginning
the depression will still be there
but you will have cut your connection

with it

gradually you will understand the

depression

as you understand it it will keep coming

less frequently

and will disappear altogether

maybe but by that time it won't matter

too much

before enlightenment i used to be

depressed after enlightenment

i continue to be depressed

weak fullness

that's

where you are likely to get

gradually

or rapidly or suddenly

the state of wakefulness which is the

state where you drop desires but

remember what i said i meant by desire

craving meaning

unless i get what i desire i refuse to

be happy i've made my happiness depend

on the fulfillment of this desire

desire in this sense to drop desire

to drop illusion

not to suppress desire because then

you'd become lifeless you'd be without

energy that would be terrible

desire in the healthy sense of the word
is energy and the more energy we have
the better that's marvelous that's
wonderful

so don't suppress that now
understand it
understand it

don't seek to fulfill the desire
so much as to understand the desire and
don't just renounce the objects of your
desire

understand them
see them in their true light
see them for what they are really worth
because if you just suppress your desire
and you attempt to renounce the object
of your desire you're likely to be tied
to it

whereas you if you look at it and see it
for what it is really worth
if you understand

how you are preparing the ground for
misery and disappointment and depression
your desire will then be transformed
into what i called a preference
remember

you've got a baby boy oh i'm quite happy

because that was my second choice

remember

now when you go through life

with plenty of preferences

but you don't let your happiness depend

on any one of them

then you're awake you're moving towards

wakefulness

and then

dropping your illusions

happiness

call it what you wish

is the state of non-illusion

where you see things

not as you are but as they are

in as much as this is possible to the

human being

to drop illusions

illusions to see

things

to see

reality

every time you are unhappy

you have added something to reality

it is that addition that makes you

unhappy

i'll repeat that

you have added something

there is a negative reaction in you
reality provides the stimulus
you provide the reaction you have added
something
and if you examine what you have added
there's always an illusion there
there's a demand an expectation a
craving
always
examples of illusions they are bound but
as you begin to move ahead along this
path you will discover them for yourself
for instance
the illusion
the error of thinking
but that by changing the exterior world
you change
you do not change
if you merely change your exterior world
if you you get yourself a new job
or a new spouse
or a new home
or a new guru
or a new spirituality that doesn't
change you
it's like imagining that you change your
handwriting by changing your pen

or that you change your capacity to
think
by changing your hat
that doesn't change you really
and most people spend all of their
energy attempting to rearrange the
exterior world
to suit their tastes and sometimes they
succeed you know for about five minutes
and they get a little respite and
they're tense even during that respite
because life is always flowing
life is always changing
and if you want to live
you must have no permanent abode
you must have nowhere to rest your head
you have to flow with it
as the great confucius says
the one who would be constant in
happiness
must frequently change
flow
but we're looking back are we not and
clinging to things in the past and
clinging to things in the present
when you set your hand to the plow
you may not look back
you want to enjoy a melody you want to

enjoy a symphony

don't hold on to a few bars of the music

now

don't hold on to a couple of notes let

them pass

let them flow

the whole enjoyment of a symphony

lies

in your readiness

to allow the notes to pass

whereas if a particular bar were to take

your fancy and you would shout to the

orchestra to keep playing it again and

again and again

that wouldn't be a symphony anymore

if you familiar with those tales of

nasruddin there's one tale of nasruddin

the old mullah

he's a kind of a legendary figure the

greeks the turks the persians they all

claim him for themselves so there he was

he would give his mystical teachings in

the form of stories

generally funny stories and the butt of

the story was generally old nasrud then

himself so nasrud then was one day

strumming a guitar or he was playing one

note

and after a while a crowd collected

around him this was in the marketplace

and one of the men there in the crowd

said that's a nice note you're playing

mullah

but

why don't you vary it a bit like the

other musicians

nasruddin says

those fools

they're searching for the right note i

found it

when you

cling life gets destroyed

when you hold on to anything

you cease to live

it's all over the gospel pages

and one attains this my dears

by understanding

understand

understand

another illusion

that happiness is not the same as

excitement

it's not the same as thrills

that's another illusion

a thrill comes from the fulfillment of a

desire of a craving

it breeds anxiety

and sooner or later it brings its

hangover

when you have suffered sufficiently from

this

then you're ready

to see it you're feeding yourself on

thrills

this is like feeding a race horse with

delicacies

you're giving it cake and wine

you don't feed a race horse on that

this is like feeding a human being on

drugs

you don't fill your stomach on drugs you

need good solid nutritious food and

drink

now you need to understand this for

yourself and there is another illusion

that someone else can do this for you

that some savior or guru or teacher can

do this for you

not the greatest guru in the world

can take one step for you

you've got to take it yourself

saint augustine says so marvelously

jesus christ himself could do nothing
for many of his hearers
or as i said to you the other day that
lovely arab saying
the nature of the rain is the same
and yet it produces thorns in the marsh
and flowers in the garden
it is you who have to do it
no one else can help you
it is you who have to digest your food
it is you who have to understand
no one else can understand for you
it is you who has to see
nobody can see for you
and if what you seek is truth
then you must do this you can lean on no
one
or another illusion the illusion that it
is important
to be respectable
it is important to be loved
and to be appreciated
it is important to be important
that we have a natural urge to be loved
and to be appreciated and to belong
that's false
drop your illusion and you will find
happiness

we have the natural urge is to be free

the natural urge is to love

as i shall explain later

but not to be loved

you know sometimes i get a client in

some of my psychotherapy sessions

and one very common problem is

nobody loves me how could i be happy

and i explained to him

or her

you mean you never have any moment when

you forget the fact that you're not

loved and you let go and you're happy

of course she has

she goes to a movie and she's all

absorbed in the movie

and it's a comedy and she's roaring with

laughter and in that blessed moment

she's forgotten to remind herself nobody

loves me nobody loves me nobody loves me

nobody loves me and she's happy

and she comes out of that theater

with her friend

and her friend goes off with her

boyfriend her own boyfriend and this

girl's all alone and she thinks all my

friends have their boyfriends i've got

no one i'm so unhappy nobody loves me

this is like in india

lots of our poorer people are beginning

to acquire transistors which is quite a

luxury everybody got a transistor i

don't have a transistor i'm so unhappy

but until everybody acquired a

transistor you were perfectly happy

without one

until somebody told you that you

wouldn't be happy unless you were loved

you were perfectly happy

you become happy not by being loved my

dears which means by being desired by

being attractive to someone that's what

you mean by being loved

you become happy by contact with reality

that's what brings happiness

by a moment to moment contact with

reality

that's where you find god

that's where you find happiness

but most people are not even ready to

hear that

all right what can one do

another illusion

the belief

that reality external events have the

power to hurt you

that other people have the power to hurt

you they don't

it is you who give it to them

another illusion you are all those

labels that people have put on to you or

that you have put onto yourself

you're not

you're not

so you don't have to cling to them

you know the day somebody tells me i'm a

genius and i take that seriously i'm in

big trouble

can you understand why because i'm going

to be tense now i got to live up to it i

gotta maintain it i gotta keep it i

gotta find out after every lecture did

you like the lecture do you still still

think i'm a genius see

so what you need to do is smash it

smash it and you're free

don't identify with those labels

that's what he thinks

that's how he experienced you at that

minute are you a genius are you a nut

are you a mystic are you crazy does it

really matter provided you continued to

be aware

and you continued to live life

from moment to moment

how marvelously described in those words

you want to know who the mystic is

you want to know who the awakened person

is

look at the birds of the air

look at the lilies of the field

they do not toil

they do not spin

they do not gather up into bonds

so why are you anxious

can you for all your anxiety add a

single moment to your life

why bother about tomorrow

is there a life after death will i

survive death

why bother about tomorrow

get in to today

someone said life is something that

happens to us while we're busy making

other plans

that's pathetic

live in the present moment

now this is one of the things that you

will notice will happen to you as you're

coming awake you are

living in the present
you are tasting every moment as you live
it another fairly good sign
you're hearing the symphony one note
after the other
that brings me
to what i said i would talk to you about
you could call it another theme
another topic
but it ties in very much
with what i've been saying this morning
and right now
awareness the things we add
to reality
let's take that one step at a time are
you tired
is it all right for me to go on to this
next topic i'll go on for a little while
then give you a break you stand up and
chat etc now
father fitzpatrick who's here
told me the other day
how
he gave a talk
here in new york
when there was this years ago
got himself into time magazine because

he gave a talk when the puerto ricans
were very unpopular because of some
incidents that had happened here
everybody was saying all kinds of things
against the puerto ricans etc
and he sort of gave a lecture
somewhere here in new york where he said
well let me read to you some of the
things that the people of new york were
saying about certain immigrants
and he was reading things that people
were really saying about the irish and
about the germans and about every new
wave of immigrants that came in
i remember he put it very well that day
at dinner he said these people don't
bring delinquency with them
they become delinquents when they're
here
when they're faced with certain
situations we've got to understand that
if you want to cure the situation it's
useless reacting from prejudice you need
understanding
you don't need condemnation
not by saying you dirty old sinner
no no no no what's going on understand
awareness

but in order to get awareness you've got
to see
and you cannot see if you're prejudiced
now i got news for you
almost every thing and person that we're
looking at
we're looking at in a prejudiced
way
it's almost enough to dishearten anybody
take my friend
i meet him
after a couple of years
and i say hey
tom it's good to see you and i give him
a big hug
whom
am i hugging
the guy here
or my memory of him
a living human being
or a corpse
i'm just assuming
that he's still the attractive guy that
i thought he was
i'm just assuming
that he still fits in with the idea i
have of him with my memories and

associations etc so i give him a hug

five minutes later i find he has changed

i got no interest in him

hug the wrong person

you want to see how true this is listen

i get this from religious communities in

india

sister goes to make a course

or she goes for a retreat

everybody in the community saying oh we

know

you know

that's part of her charism she's always

attending workshops and going to

retreats nothing will ever change her

now it so happens that sister does

change at this particular workshop or

therapy group or whatever it is she

changes everyone notices the difference

everyone says my you really come to some

insights haven't you and she says yes

and she has and they can see the

difference in her behavior you can see

it in her body you can see it in her

face

you always do when there's an inner

change it always registers

in your face in your eyes in your body

well now sister goes back to the
community
and since the community has got a
prejudiced meaning
fixed idea about her
they're going to look at her
through the eyes of prejudice
they've got a picture of her stuck on
their window
and they're looking at her through that
picture
and there's a they're the only ones who
don't see any change
you know what they say oh well
you know she seems a little more heighty
flighty and a little more cheerful but
just hang around she'll be depressed
again
and you know something within a couple
of weeks she's depressed again
she's reacting to their reaction and
they all say see
we told you so she hadn't changed
but the tragedy is that she had only
they didn't see it
what is
a relationship ready for a bombshell

hold on to your seats

whatever a relationship may be

it certainly entails two things

clarity of perception

in as much as we are capable of it

some people would dispute to what extent

we can attain this clarity of perception

but i don't think anyone would dispute

that it is desirable that we move

towards it clarity

of perception

accuracy of response

you're more likely to respond accurately

when you perceive clearly

when your perception is distorted

you're not likely to respond accurately

tell me

how can you love someone

whom you do not even see

let's make it worse

do you really see someone you're

attached to

do you really see someone you're afraid

of

and therefore dislike

because we always hate

what we fear

remember i told you you have to be very

careful with sentences of scripture
because if you're sleeping you would
very easily misunderstand it
the fear of the lord
is the beginning of wisdom people say to
me sometimes hey wait a minute i hope
you're understanding what you're saying
because we always hate
what we fear
we always want to destroy and get rid of
and avoid
what we fear
when you fear somebody
you dislike that person in as much as
you fear the person
and you don't see that person
your emotion gets in the way
but that's just as true
when you are attracted to someone
when love enters
you're going to find this hard to
believe
you no longer like and dislike people in
the ordinary sense of the word
you see them clearly
and you respond accurately
oh

at this level this will go on your likes

and dislikes and preferences and

attractions etc etc

you'd be fully human

in the mechanical sense of the word

and fully divine

because this won't come in the way of

love

when you're aware of it

you'll be aware of your prejudices

your likes your dislikes your

attractions they're all there they come

from your conditioning because tell me

what is it that you like how come you

like things that i don't like because

your culture is different from mine your

upbringing is different from mine if i

gave you some of the things to eat that

i relish

you turn away in disgust

we've got people up there in certain

parts of india who love who enjoy dog

flesh

and i know people who if they were told

they were being served dog steak would

vomit

why

different conditioning

different programming

i could bring hindus here who would
vomit if they ever knew they had eaten
beef

but you enjoy it

they said but why won't they eat beef
for the same reason that you don't eat
your pet dog the same reason no other
because the cow to the indian peasant is
what your pet dog is to you that's what
it is he doesn't want to eat it

they've got a whole cultural built-in
prejudice against it which saves the
animal

that's needed for farming etc

so

when

you have see

why do i fall in love with you really

why is it

that i fall in love with one type of
person and not another

because i've got a shopping list see
inside

i'm conditioned

i've got a kind of an image

subconsciously

this particular type of person appeals
to me attracts me so when i meet this
person i fall head over heels in love
but have i seen her no
i'll see her after i have married her
that's when the awakening comes
and that's when love may begin
but falling in love has nothing to do
with love at all
that isn't love
that's desire that's burning desire
you want with all your heart to be told
by this adorable creature that you're
attractive to her
that gives you a tremendous sensation
and everybody else is saying what the
hell does he see in her
that's his conditioning
he's not seeing
they say don't they that love is blind
believe me there's nothing so
clear-sighted as love nothing
the most clear-sighted thing in the
world
addiction is blind
attachments are blind
clinging and craving and desire is blind
but not love

don't call that love

but of course the word has been

desecrated in most modern languages

people talk about making love

and falling in love

like the little boy who says to the

little girl have you fallen in love have

you ever fallen in love

she says no but i have fallen in like.

so what are people talking about when

they fall in love

now

the first thing therefore that we need

is clarity of perception

why do we not perceive people clearly

first the first reason is evident our

emotions get in the way

our conditioning our likes and our

dislikes we've got to grapple with that

but we've got to grapple with something

much more fundamental

with our ideas

with our conclusions

with our concepts believe it or not

every concept

which was meant to be a help

to get in touch with reality

ends up

by being a barrier

to getting in touch with reality

because sooner or later we forget

that the word

is not the thing

the concept

is not the thing

they're different that's why i said to

you the other day the final barrier to

finding god

is the word god

and the concept god

comes in the way

if you're not careful was meant to be a

help can be a help but can also be a

barrier

unless you realize very clearly that the

word is not the thing

metaphysics or whatever you want to call

it but it's very very simple listen to

this

every time i have a concept

it is something that i could apply

to a number of individuals

we're not talking about a concrete

particular name like mary

or john

which doesn't have a meaning

but when i have a concept

all other words

are words that apply

to any number of individuals countless

individuals concepts are universal for

instance

i say tree

or i say leaf

now the word leaf

could be applied to every single leaf on

that tree you have the same word for all

those individuals

you have the same word

for all the leaves on all the trees in

this campus the big ones the small ones

the tender ones the dried ones

the yellow ones the green ones

banana leaves

oak tree leaves

all types of leaves

if i say to you

i saw a leaf this morning

you

you really don't have an idea of what i

saw

let's see if you can understand that you

do have an idea of what i did not see i

did not see an animal

i did not see a dog i did not see a

human being i did not see a shoe

you have some kind of a vague idea

of what i saw but it isn't

particularized it isn't concrete the

spanish philosopher unamuno says

man

human being

but let's stick to man

not primitive man not civilized man

not a grown-up man not a child

not male not female

not of this particular age or the other

not of this culture or the other in

other words not man

because the human being

is found

concrete

you never find a universal human being

like your concept

your concept points

but it is never entirely accurate

it misses uniqueness

it misses concreteness

so the concept is universal

and when i give you a concept

i give you something
and yet how little it is i have given
you
so
the concept so valuable
so useful for science
for instance if i said of every one of
us here that we are animals that would
be perfectly accurate
but you know we're something more than
animals
and so if i said
mary jane is an animal
that's true
but since i've omitted something
essential
to her it's false
it does her an injustice
and when i call you a woman
that's true
but there are lots of things in you that
don't fit into that concept
you are this particular concrete unique
woman
that can only be experienced it cannot
be conceptualized
that i've got to see for myself i've got

to experience for myself i've got to

intuit for myself

the individual

can be intuitive cannot be

conceptualized it's beyond the thinking

mind

lots of you would probably be proud to

be called americans

as lots of indians

foolishly i think would be proud to be

called indians because what is american

what is indian it's a convention it's

not part of your nature but never mind

about that now and yet even if you were

proud to be called an american

if someone said to me

in reply to my question

who's claire

and he says claire she's an american oh

american ah well i know i know

hey she was quite proud to be an

american but when i said american i know

she feels insulted say wait a minute you

really don't know

all you got is a label you don't know me

see what i mean

the concept always misses

omits

something extremely important
something precious that is found in
reality which is concreteness uniqueness
very important to understand that
as you recall
that the word
the concept is not the thing
and so
the great krishnamurti puts it so well
when he says
the day you teach the child the name of
a bird
the child will never see that bird again
how true
the first time that birds the child sees
that fluffy
alive moving object
and you say to the kid sparrow
sparrow
then tomorrow when he sees another
fluffy moving object that's similar to
this one he says oh sparrow i've seen
sparrows i'm bored by sparrows
you know something
if you didn't look at things through
your concepts you'd never be bored
every single thing is so unique

every sparrow is so unlike every other
sparrow

even in its similarity great help to

find similarities so that we can

abstract so that we can have a concept

great help from the point of view of

communication

indication

science

but also very misleading and a great

hindrance to seeing this

concrete individual

and what about

this particular sparrow

it keeps changing you know from moment

to moment

we're coming to that immediately the

first

drawback in a concept is that the

concept is abstract reality is concrete

i don't think anyone would quarrel with

that

so if all that you experience is your

concept you're not experiencing reality

because reality is concrete the concept

is a help to lead you to reality but

when you come there

then you've got to intuit or experience

it directly

second quality of the concept

it is static

reality

is in flow

we know enough to realize this

we have the same name for the niagara

falls

but that whole body of water is

constantly changing how could you ever

invent

different words

for each little movement of the river

you've got a word river

but that water is constantly flowing

the word remains static

you've got one word for your body

but all the cells in your body are

constantly being renewed

that's another drawback in the concept

when it is compared to reality

to give you an idea of what it is like

let's suppose there's an enormous

wind outside here

and i want the people in my country to

get an idea of what an american gale or

hurricane is like

so i i capture it in a cigar box and i
go back home and say
behold well it isn't the gale any longer
is it once it's captured
i want you to get the feel of what the
flow of water in a river is like and i
bring it to you in a bucket well the
moment i put it into a bucket it stopped
flowing
the moment you put it into a concept it
stopped flowing it became static it
became dead something like a frozen wave
a frozen wave is not a wave
a wave is essentially movement
it is action
and when you freeze it it's not a wave
concepts are always frozen
reality
flows
finally if we are to believe the mystics
and it doesn't take too much uh
of an effort to understand this or even
believe it
one can see it at once
reality is whole
words and concepts fragment reality they
give us little fragment
that is why it is so difficult to

translate from one language to another
because each language cuts reality up
differently

the english word home

is impossible to translate into french

or spanish casa is not quite

home

it has associations

which are peculiar to the english

language

every language has untranslatable

words words and verbs and expressions

because we're we're cutting reality up

and adding something or subtracting

something and usage keeps changing

reality is a whole

[Music]

then we cut it up and make concepts and

words to indicate different parts

but if you had never seen an animal in

your life

and one day you found a tale

just a tale you've never seen an animal

in your life

and somebody said to you that's a tale

would you have any idea

of what that was

unless you had some idea what an animal

is

and unless you had

some

couldn't be an idea

because ideas essentially fragment

some

vision

intuition

experience of reality as a whole

would you really know what each fragment

means this is what the mystics are

perpetually telling us

words cannot give you reality the only

point

they only indicate

you use them as pointers to get to

reality

but once you get there

you cannot

your concepts are helpless

like

the dispute

that a hindu priest had

with a philosopher who claimed

that the final barrier to god

was the word god the concept god

so he went to debate with him

and the philosopher replied

the ass

that you mount

and that you use

to get to a house

is not the means by which you enter the

house

you got a dismount

you use the concept to get there

then you dismount

you get beyond it

now

you don't

need to be a mystic to understand this

that reality is something that cannot be

captured

by words or concepts

if you would understand if you would

know

what reality is

you would have to know beyond knowing do

those words ring a bell

those of you who are familiar with the

cloud

you've got to go beyond knowing

you've got to know

beyond concepts

beyond words

poets

painters

mystics

the great philosophers

they have

intimations of this

intuitions of this

now comes the big part

let's suppose

that one day

i'm watching a tree

until now every time i saw a tree i said

well you know tree

but today when i'm looking at the tree

i don't see a tree

at least i don't see what i've been

accustomed to seeing suddenly i see

something with the freshness of the

vision of the child

there's no word for it

i see something that's unique

that's flowing

that's whole and not fragmented

and i'm in wonder

now when i come back and you say

what did you see

what do you think i'd say

no word for it

there is no word for reality

because as soon as i put a word to it

we're back into concepts again

i could tell you a story

and if you have

the sense of a mystic

you might

get a clue

to what i'm talking about but i cannot

give you a description

my dears

if i cannot express

this reality that i experience or intuit

when i look at a tree

when you talk about expressing god what

are you talking about

if i cannot express

this reality that is visible to my

senses

when i penetrate i get beyond words and

concepts and see

[Music]

how does one express

what cannot be seen by the eye or the

ear how does one find a word for it

are you beginning to understand what

thomas aquinas augustine and all of them
were saying
what the church teaches constantly
when she says god is mystery
unintelligible to the human mind
what the great carl rana said in one of
his last letters
when he wrote to a young german drug
addict who wrote to him for advice
and talk to him about god he says you
theologian you talk about god how could
this god be relevant in my life
how could i get rid of my drug
and rana says to him i must confess to
you in all honesty
that for me god is
and has always been
absolute
mystery
i do not understand what god is no one
can
we have intimations
inklings
that we falteringly inadequately attempt
to put into words but there is no word
for it there is no sentence for it
talking to a group of theologians in
london

i think it was he said to them
the task of the theologian
is to explain everything
through god
and to explain god
as unexplainable
unexplainable
mystery one doesn't know one cannot say
one says
and
when one reveals
god
one is using words is not one one is
using concepts
and once again
all the great mystics
in the catholic church in all the
christian churches in all the religions
are telling us those words are pointers
they're not descriptions
they don't fit
they indicate they give you a clue
now tragically
people fall into idolatry
because they think that where god is
concerned the word is the thing now how
could you get so crazy can you be

crazier than that that where
human beings are concerned and trees and
leaves and plants and animals the word
is not the thing
but where god is concerned the word is
the thing what are you talking about
that's why i told you last night
about that famous internationally known
scripture scholar who attended this
course of mine in san francisco a couple
of years ago
and said to me my god after listening to
you
i understand
that i've been an idol worshiper all my
life
and as i said to you last night he said
this right out in the open there
big man
it never struck me that i had been an
idol worshiper
my idol was not made of wood
or a metal it was a mental idol
and these are the more dangerous idol
worshippers
very subtle substance that is used
to produce this god
who has no name

no form

no image

there are only indications there are

clues

more about this when i talk about the

scriptures

what i'm leading you to this afternoon

is the following

awareness of reality around you

do you remember i said

what is awareness

it means

to watch

to observe

what is going on within you

and around you

going on pretty accurate

because things

are going on

the trees the grass the plants the

animals

the rocks all of reality is moving one

observes it one watches it

how essential it is

for the human being

to observe

not just himself or herself

but all of reality

you are imprisoned by your concepts

do you want to break out of the prison

look

observe

spend hours

observing

watching

what

anything

the faces of people

the shape and form of trees

a bird in flight

a pile of stones

watch the grass grow

get in touch with things

look at them

hopefully

you will break out of this habit

these rigid patterns that we have all

developed that our thoughts

and our words have imposed on us

hopefully we will see

what will we see this thing that we

choose to call

reality whatever is beyond

these words and concepts

that

is a spiritual
exercise
connected with
spirituality
connected with breaking out of your cage
out of the imprisonment
of your concepts and words
how sad
if you would have passed through life
and never seen it again
with the eyes of a child
don't lose your concepts they're very
precious
as a matter of fact we begin without
them
then we develop concepts because
concepts have a very positive function
thanks to them
it would seem we developed this thing
called intelligence
we're even able to then understand the
limitations of concepts
anyone who never learned a language
was never programmed was never given
words and concepts
would it would seem have no intelligence
at all and so we're invited not to

become children

but to become like

little children

we have to fall

from the stage of innocence

we have to be thrown out of paradise

and develop this i this me

thanks to these concepts

and then we need to return to paradise

again

we need to be redeemed again

we need to put off the old man

the old nature the conditioned self

and return to the state of the child

but without being children anymore

so we start off

looking

at reality in wonder

but it isn't the intelligent wonder of

the mystic

it's the formless wonder of the child

then the wonder dies

and is replaced by boredom

as we develop language and words and

concepts

then hopefully if we're lucky

we return to the wonder again

doug hammerscheld

the that un former un secretary general

puts it so beautifully

god does not die he says

the day we deny his existence but we die

on the day that our lives

cease

to be illumined

by the radiance of a wonder

which we can never describe

which is quite beyond us

we die

the day our lives cease to be as

illumined

by that radiance that wonder

and we don't have to quarrel about a

word because god is only a word is it

not

god is only a concept

one never quarrels about reality

we only quarrel about opinions

about concepts

about judgments

don't seek for truth

only drop your concepts

drop your opinions

drop your prejudices

drop your judgments

and you will see

you know

that was philosophy that was metaphysics

how did you do how do you like it not

bad huh

well that's

i think that would be the toughest

session of all the ones we've had

thought i'd bring you this little quote

saint thomas

how about giving it to you in latin for

queer dede

non possums

said

this is the introduction

to his whole summa theologica

since

we do not know what god is but what god

is not

we cannot tell you

god's way of being but rather

the way he is not

then i gave you his day trinitate

the loftiest degree of our knowledge of

god

is to know god

as the unknown tampwam ignatum

and in his question

potencia day 7 he says this is what is
ultimate in the human knowledge of god
to know that we do not know god
this is what is ultimate
in the human knowledge of god to know
that we do not know god this gentleman
was considered
the prince of theologians as i told you
yesterday he was certainly acquainted
with the scriptures he was a mystic and
a canonized saint
we're standing on pretty good ground
then what was he talking about when he
talked about god and what is the meaning
of the scriptures more about that later
see i keep you coming that way they
in india
we have a sanskrit saying for this kind
of thing it is nati nating not that not
that
sometimes referred to as the vr negativa
negative way
you know uh
i read
a marvelous work by the famous c s lewis
it's a little booklet
uh a grief observed was his diary when

his wife died he married he married an
american woman

said to his friends god gave me in my
sixties what he denied me in my twenties

i'm wildly in love

fell in love with this woman married her
and he had hardly married her when she
died a painful death of cancer

then c.s lewis says

the whole of my faith

crumbled

like a house of gods

he was the great christian apologist

and when disaster struck home

then he

he asks himself is god a loving father

or is he the great vivid sector

pretty good evidence for both things

and you can look at things in a somewhat

slanted way and

push aside evidence of the contrary

remember when my own mother got cancer

my sister said to me

uh tony why did god allow this to happen

to mother i said my dear last year a

million people died in china

of starvation of a drought

calculated at almost a million you never

raised the question
and so sometimes the nicest thing that
could happen to us
for us to be awakened to reality is for
calamity to strike
then we begin to rethink
then you might lose your beliefs and
come to faith
your childish belief can come to faith
as c.s lewis did
do read that book it's marvelously
written he said you know i never had any
doubt
before
about people surviving death
but when my wife died
my i was no longer certain why because
it was so important to me that she be
living and you know he's the master of
comparisons and analogies he says it's
like a rope someone says to you would
this uh carry a
uh would this bear the weight of about
and twenty pounds and you say yeah yeah
well we're going to let down your best
friend on this rope so wait wait a
minute let me test that again

now you're not so sure

and somewhere in that diary

he says a marvelous thing i was so happy

and consoled

this was years ago to find him say

we know nothing about god

we cannot know anything about god even

our very questions about god are absurd

marvelous

of course your questions are absurd

why

it's like the person born blind the man

born blind who says to you that color

green is it hot or is it cold

nati nathi not that not that

is it uh long or is it short

not that

is it sweet or is it sour not that

is it uh round

or is it uh oval or is it square not

that

not that see he's coming

from the other senses from his limited

experience

he has no words

no concept

for this world

of which he has no idea no intuition no

experience a world of colors

one can only speak in analogies

not that no matter what he asks it isn't

that

your wording is wrong your question is

absurd

so

c s lewis says something like this i'm

not quite sure i've got the exact

uh words but it's something like this

it's like asking how many minutes are

there in the color yellow

and everybody's taking it very seriously

and discussing it and fighting about it

you know what the answer to that

question is how many minutes are there

in the color yellow

25 carrots

and the other guy says no 17 potatoes

and then they're fighting

not that not that

the

ultimate

this is what is ultimate in the human

knowledge of god to know that we do not

know

our great tragedy my dears is that we

know too much

we think we know that is our tragedy

so we never discover

in fact thomas aquinas is not only a

theologian he's a great philosopher and

he says repeatedly in many places

all the efforts of the human mind cannot

exhaust the essence of a single fly

cannot

we really have no notion

of the nature of a fly

of a an individual fly just what i was

telling you yesterday

the concept is abstract the reality

concrete etc he puts it in his own

unique way

the limitations of the human mind

the danger we have of

equating the concept with reality and as

a result never coming in touch with

reality

now

i also quoted doug hammershield

you know i like to be exact and i'm

afraid the quote i gave you was from

memory and wasn't quite accurate the

original is much more beautiful he says

god does not die

on the day we cease to believe

in a personal deity

but we die

on the day when our lives

cease to be illumined

by the steady radiance

renewed daily

of a wonder

the source of which is beyond all reason

but we die

on the day when our lives

cease to be illumined

by the steady radiance

renewed daily

of a wonder

the source of which

is beyond all reason

something beyond this conceptualizing

mind of ours which when perceived

intuited however dimly creates the

wonder

and our lives become illumined

marvelously put but more about this when

i talk about scripture

i want to say something more about words

i

said to you yesterday

words are

limited there's something more i have to

add there are some words that correspond

to nothing

words that have a very powerful

influence on us

you know when i use the word tree it

corresponds to something when i say man

or woman or child that corresponds to

something but there are some words that

correspond to nothing would you believe

it

for instance

uh

talking of a situation back home

uh i'm an indian

and we've got another country called

pakistan

now let's suppose

i am a prisoner of war in pakistan

and they say to me

well today we're going to take you to

the frontier and you're going to take a

look at your country

and so they bring me to the frontier

and i look across the border

and i think oh my country my beautiful

country i see villages and trees and

hills

like that thing of the poet breeds there

a man with souls so dead who never to

himself has said my you got it yes this

is my own my native land and after a

while one of the god says excuse me we

made a mistake sir we have to move on

another 10 miles you know it's fun

what was i reacting to

indian trees indian villages indian

mountains but you know something

trees are not indian

trees are trees

there are no indian trees

a geographical map there are no

frontiers no boundaries those were put

there by the human mind

generally by stupid avaracious

politicians

that country of mind once upon a time

was one it's four now

and uh if we don't look out within a

short time it might be six

we'll have six flags we'll have six

armies

you never catch me saluting a flag me

never any flag never saluted

i abort all national flags i do mean

what are we saluting i salute humanity

not a flag with an army around it

now

of course i i live in a peculiar

situation where i see flags coming up

these flags were in the heads of people

they're fighting for a convention

they're fighting for a frontier which

the human mind put there but doesn't

exist in reality

now i got news for you there are

thousands of words in our vocabulary

that do not correspond to reality at all

but boy they trigger emotions they

trigger off emotions within us

and we begin to see things which are not

there we actually see indian mountains

but they don't exist

and we actually see indian people what

do you know they don't exist

they really don't

oh well

you know you have your american

conditioning i have my american

conditioning that exists

not a very happy thing

you know in our countries nowadays in

the third world countries we talk a
great deal about enculturation
culture
this thing called culture
not very happy with it me not very happy
with it
part of our liberation is liberation
from our culture
you mean you'd like to do something
because you were conditioned to do it
you'd like to feel something because you
were conditioned to feel it
isn't that being mechanical
you got a stamp on you
and you uh react according to that stamp
ima imagine an american baby that is
adopted by a russian couple
taken over to russia has no notion that
it was born american
because there is no such thing as
american
so he's brought up talking russian
he lives and dies for mother russia
he hates the americans he's all stamped
with his own culture he's steeped in his
own literature he's influenced and he
looks at the world through the eyes of

his culture

you want to wear your cultures the way

you wait clothes that's fine

you know it's nice the woman indian

woman will wear a sari and the american

woman will wear something else and the

chinese woman will wear something else

and the japanese woman will wear her

kimono that's nice but nobody's

identifying herself with the clothes

so you want to wear culture like that

that's nice

but then you become proud of your

culture

they teach you to be proud of it

they teach you to be proud of your

country there are emotions

words that are emotionally charged

nobody sits down and analyzes that

remember how i told you

if you are affected or influenced

by

an experience you had with your father

let me put it as forcefully as possible

there's this jesuit friend of mine who

says anytime i see a poor person a

beggar i cannot give this person an arms

i cannot not give

this person an arm

i got that from my mother he said my

mother ever since i was a kid you know

he he lived somewhere in the countryside

in india and any poor person who'd come

there well his mother offered that

person a meal etc

he said i picked it up from her

i said to him joe

what you have is not a virtue

what you have is a compulsion

a good one

from the point of view of the beggar for

the compulsion nonetheless you cannot

not do this

i remember jesuit who said to us once at

a province meet

a kind of an intimate gathering of

of the men of our jesuit province there

in bombay it's pretty nice to hear that

he said

i am 80 years old i've been a jesuit for

65 years

i have never once

in all my life

missed my hour of morning meditation

never once

nice

could be very admirable or it could be a

compulsion too

no great merit in that

if it's mechanical

the beauty of an action comes not from

its having become a habit

but from sensitivity from consciousness

from clarity of perception and accuracy

of response

i may say yes to this beggar i may say

no to another i'm not compelled

by any conditioning

programming

of my past experiences

or my culture

nobody has stamped anything on me or if

they have i'm no longer reacting from

that

it's like you have a bad experience with

an american

or you were bitten by a dog

or you had a bad experience with a

certain kind of food now for the rest of

your life you're influenced by that

experience too bad

you need to be liberated from that

don't carry over experiences from the

past hey i see many of you nodding in
ascent how about carrying over good
experiences from the past huh
don't carry those either
you know what it means to experience
something fully
then drop it
and move on to the next moment
uninfluenced by the previous one
my
you're traveling with such little
baggage you could pass through the eye
of a needle
now you will know what eternal life is
because eternal life is now
in the timeless now
only thus will you enter eternal life
but how many things we carry with us
and we never set about
the task of freeing ourselves of
dropping the baggage of being
ourselves and i'm so sorry to say
that everywhere i go
i find muslims who are using their
religion
and their worship and their quran to
distract themselves from this task

instead of serving as a health

serves as a distraction

and the same applies

to hindus

and

you know who else

now you're very clever you're catching

on quickly today

now words

words words they have such an influence

on us you know you're talking to

somebody listen to this you're talking

to somebody he seems a nice kind of guy

and somebody whispers into your ear

cardinal archbishop

it has an influence on your mind and on

your nerves

is suddenly influenced by that the word

see how it triggered up

reactions within you

can you imagine a human being

who is no longer influenced by words

who is only affected by

reality

you could give him any number of words

he'll still give you a fair deal

you could say cardinal archbishop but

he'll still give you a fair deal

he'll see you as you are he's

uninfluenced by the label

you could say indian american russian

chinese anything he is uninfluenced by

labels

so there it is

the importance of understanding words

and concepts if we are to attain

awareness

because i said to you

awareness heal

awareness

transform

awareness puts us in touch with reality

but that goes with understanding

understanding how our mind functions and

how we are being deceived by words and

there's concepts more thing i want to

say about our perception of reality let

me put it in the form of a

of an analogy you've got the president

of the united states

now

he has to get feedback

or you've got the pope in rome

who has to get feedback from the whole

church

now you've got
millions of items that are supposed to
be fed to the president but he could
hardly take all of that in much less
digested
so he has people whom he trusts
to make abstraction abstracts to
summarize things
to uh monitor to filter and then some of
it gets to his desk
now this is what's happening to us
from every pore of our living cell of
our body
and from all the senses
we're getting feedback from reality
but we're filtering things out
constantly
who's doing the filtering very important
to find out
your conditioning
your culture
your programming the way you were taught
to see things and to experience things
even your language
lots of filtering going on
so that you will see things
sometimes
that are not there

and sometimes you don't see things that
are there
that's so common you've only got to look
at a paranoid person who's feeling all
threatened by something that isn't there
who's constantly interpreting reality in
terms of certain experiences of the past
or certain conditioning that he or she
has
and there's another big crook inside
there who's doing the filtering
it's called
an attachment
desire craving
the root of sorrow
is craving
craving
distorts perception
it destroys perception
you've got your fears and your desires
as samuel johnson said
the knowledge that he has that he is to
swing
from a scaffold or that he is to be
hanged within a week
wonderfully concentrates a man's mind
you

blot out everything else

you're concentrated only on this

fear

or desire

craving

look how we we have been brought up we

were drugged when we were young

and we were brought up

to need

people

for what for acceptance

for approval

for appreciation for applause

for what they call success here are

words that do not correspond to reality

they're conventions

like political realities conventions

things invented but we don't realize

that they don't correspond to reality

success what is that

that is what this particular group

decided is a good thing

another particular group will decide

it's a bad thing

what is good

in washington might be considered bad in

a cartouche and monastery

success in political circles might be

considered failure in other circles

these are conventions but we treat them

like realities don't we

now what happened to us when we were

young

we were programmed

we were taught we were programmed to

unhappiness

this is amazing

you cannot not be unhappy

why

because they taught you and they taught

me they taught all of us

that in order to be happy

you need

you name it money

success

a beautiful or handsome partner in life

a good job

friendship

spirituality

god you name it

unless you get these things you're not

going to be happy

you need them

now that is what i call an attachment

an attachment

is a belief
that without something
you are not going to be happy
once you get convinced of that
and my that has got into our
subconscious
it got stamped into our nerves to the
roots of our being how could i be happy
unless i have good health you know i'll
tell you something i have met people
dying of cancer who are happy
but how could i be happy if i know i'm
going to die you all know of people who
are happy when they're meeting
death but how could i be happy if i
don't have money you know something this
guy
has got a million dollars in the bank
and he's feeling insecure
the other guy has got practically no
money and he doesn't seem to feel any
insecurity at all he was programmed
differently that's all
useless exhorting the first guy about
what to do he needs understanding he
needs to understand
that's where i was talking about
awareness

exhortations are no great help as i'm
going to tell you very soon
you need to understand you've been
programmed it's a false belief
see it as false
see it as a fantasy
and so what are people doing all through
their lives
they're busy fighting
fight fight fight the conflict to what
they call survival but you know when you
talk to the average american
who says he or she is making a living it
isn't a living they're making oh no
they've got much more than enough to
live come to my country and you'll see
that
you mean you don't need all those cars
to live you really don't you don't need
a television set to live you don't need
all that makeup to live you don't need
all those clothes to live to live you
don't need them you really don't
but try to convince the average american
of this
they've been brainwashed
they've been programmed

so conflict work effort strife to get
the desired object which will make them
happy now listen to this pathetic story
your story my story everybody's story
till we understand it and break out
the story is this they told us until i
get this object i'm not going to be
happy whatever it is money
friendship anything
so i've got to strive to get it
then when i've got it i've got to strive
to keep it
a temporary thrill oh i'm so thrilled i
got it how long does that last a few
minutes couple of days at the most when
you got your brand new car how long did
the thrill last
just as long as your next attachment was
threatened
is the funny thing about an attachment
you know
if you have a thousand attachments you
could satisfy 999 but if you haven't
satisfied one you're miserable
so all right i've got it thrilled
now a
get tired of it after a while
they told me prayer was the big thing

they told me god was the big thing they
told me friendship was the big thing not
knowing what prayer really was not
knowing what god really was we made
things out of them
after a while we get bored
board with the car but we're still
holding on to it
and we're still fending off threats
isn't that pathetic
and if you've got one attachment that's
bad enough
when you have a couple of thousands
i mean i mean we're crazy we're just
crazy
and there's no way out there simply is
no way out it's the only model we were
given to be happy
we weren't given any other model
our culture our society and sorry to say
even our religion
gave us no other model
this is happening in all religions too
you know
like you've been appointed cardinal what
a great honor that is
honor did you say honor

you used the wrong word

now others are going to aspire to it

you lapsed

into the world

what the gospels call the world

and you're going to lose your soul

the world

success

honor non-existent thing

power

prestige

winning

especially over others

popularity

you gain the world

but you lost your soul

your whole life has been empty and

soulless

nothing

there

there's only one way out

and that is get de-programmed

get de-programmed

how do you get that

become aware of the programming

i'm going to be talking pretty soon

about change

you cannot change

by an effort of the will

you cannot change through ideals

you cannot change through building up

new habits

your behavior may change but you don't

you only change through awareness and

understanding

when you see a stone as a stone a scrap

of paper as a scrap of paper you don't

think that the stone is a precious

diamond anymore and you don't think that

that scrap of paper is a check for a

billion dollars when you see that

you change

there's no violence anymore in

attempting to change yourself

otherwise what you call change is moving

the furniture around

your behavior has changed but not you

i'm going to give you a whole session on

understanding

after the break what does it mean to

understand how do we go about

it attachment

you've got attachments

consider how

we're enslaved by these things

and we're striving to rearrange the
world
so that i can keep my attachment
because the world is a constant threat
to my attachment
everything keeps changing so does this
thing
it's all changing
everything is changing so is my friend
and my god how insecure i am he may stop
loving me he may be he may go out to
somebody else hey wait a minute and i've
got to i've got to keep on making myself
attractive to him because i've got to
get him because somebody brainwashed me
into thinking that i need his love i
don't i really don't not in order to be
happy i don't
i don't need anybody's love
i just need to get in touch with reality
that's all
i need to break out of this prison of
mine this programming this conditioning
these false beliefs these fantasies and
break out into reality and reality is
lovely
reality is an absolute delight
eternal life is now

we're surrounded by it like the fish in
the ocean but we have no notion about it
at all we're too distracted with this
with the attachment
and so temporarily the world does
rearrange itself to suit our attachment
and we say yay great my team won
but hang on it'll change
you're going to be depressed tomorrow
why do we do this why are we so hard on
ourselves
and have you noticed
all those negative feelings we have
you're jealous
where does your jealousy come from look
for the attachment underneath
somebody is getting
what you want
and what you think you will not be happy
without
you're anxious and frightened
you're getting paranoid your attachment
has been threatened
see if you can understand that
i'll go slowly
you're getting angry
somebody is

likely
to come in the way of your getting your
attachment or you're keeping your
attachment
or else why would you be angry
because you're convinced
you're not going to be happy without
this you're not going to be happy
without that
you've got cravings
and so it goes on
all those negative feelings
just scratch a bit on the surface under
the surface probe under the surface
and the attachment will come to light
how about a little exercise
a couple of minutes
and it is this
think of something or someone you are
attached to
in other words
think of something or someone
without which or without whom you think
you are not going to be happy it could
be your job your career your profession
your friend your money or whatever
and say to it
him

her

i really do not need you

to be happy

i'm only deluding myself into the belief

that without you

i will not be happy

i'm only deluding myself into the belief

that without you

i will not be happy

but i really don't need you for my

happiness

i can be happy without you

you

are not my happiness

you

are not my joy

boy if it's a he or a

her he's not going to be too happy to

hear that you know

but go ahead you could say it within the

secrecy of your heart

because you're making contact with the

truth

you're smashing through a fantasy

happiness is a state of non-illusion

drop the illusion

or you could try another exercise

if you'd rather do that
think of a time you were heartbroken you
thought you'd never be happy again
your husband died
your wife died
your best friend deserted you
you lost your money or whatever
think of the time you were a child
and you didn't get what you want or you
lost what you had
and you said i'll never be happy again
what happened
time went on
and if you manage to pick up another
attachment
if you managed to find somebody else you
were attracted to
or something else that you were
attracted to
what happened to the old attachment
you didn't really need it did you to be
happy
that should have taught us
but we never learn
we're programmed
we're conditioned
then i'll give you a few seconds
to think

my how liberating

not to depend emotionally on anything

if you could get even one seconds

experience of that

you're breaking through your prison and

getting a glimpse of the sky

someday maybe you will fly

okay who wants to begin

yes

i was afraid to say this

but i talked to god

i told him

i don't need him

my initial reaction was

this is so contrary

to everything

that i've been brought up

and yet and yet i i said if he is the

god that i

think he ought to be

he is not going to

imprison it

all right

if you think that unless you get god

you're not going to be happy

this god you're thinking of has nothing

to do with god

you're thinking of a dream state
of a thing
of a person you're thinking of your
concept
and sometimes
you have to get rid of god in order to
find god
lots of mystics tell us that
when you drop your attachments
when you drop your clinging
when you drop your baggage
think of the baggage we carry
if i use the word happiness you know
what most
see the amount of times i catch myself
doing this
am i happy
thinking i got a great film coming up
tonight and i got
what's the future got to do with it
what has yesterday got to do with it
but we're constantly somewhere else
somebody said my favorite place is
somewhere else
we're always somewhere else
but to attain the asceticism and the
delight
of being here

now

and when now goes let it go

then we will know

what

reality is

what god is

uh

the concept is a help as i will tell you

later

but we've always to beware lester become

a hindrance

joe tony aren't you really programming

the process of deprogramming

that's not a bad comment at all

that's not a bad comment i think i would

be if i'd be telling you how to do it

all i'm saying is

be aware

be aware there are two things

there is programming

and there is awareness

and the two are opposed to each other

where awareness comes in

programming dies

when you're listening to me

as i said to you on the first day

if you're just swallowing everything i'm

saying

you're getting programmed and lots of

people do you know

i'm a great brainwasher i really am

uh

well that's not quite accurate

the way i speak

very easily lends itself

to

gullible people getting brainwashed

that's more accurate

but if you're neither resisting what i'm

saying

nor swallowing

ah that's wonderful

you're open

you're saying i'd like to take a look at

that

somebody else here yes someone you

desire greatly

yes oh yes yes you begin by doing it in

fantasy and role-playing

yes

yes you better prepare your wife before

you tell her this true

yes i know

isn't it amazing though that we uh have

been so blinded

by everything that we did not discover

this basic truth i remember how

frightened i was

to say this to an intimate friend of

mine

when i

i sensed it was true

i really don't need you

period

for what for anything i don't need you

i can be perfectly happy without you

result i enjoy your company thoroughly

there's no more anxiety no more jealousy

no more possessiveness no clinging it

it is a delight to be with you i am

enjoying you on a non-clinging basis

you're free

so am i

my but this is like talking a foreign

language to drug addicts

we've been drugged

we really have been took me many many

months to truly understand this and mind

you i'm a jesuit

brought up

brought up in the tradition of saint

ignatius whose spiritual exercises are

really all about this

and i'd miss the point

because my culture and my society

not my religious society but the society

in india in general society

had

i mean you take it for granted

jesus had friends

wait a minute wait a minute

what are we talking about because you

know something

the moment you desire somebody in this

way

namely without you i will not be happy

you cease to see that person

you're no longer objective

you're clinging

we begin to view people in terms of our

attachment

if you're attached to appreciation

you know i'm quite amused sometimes to

see even seemingly objective people

like therapists and spiritual directors

etc

say

great guy great guy you know i really

like him and i find out later it's

because

he likes me that i like him

and anybody who attacks me i don't like

hey

so when someone's for you he's okay

and when someone's against you

he's not okay

then i look into myself and i find the

same thing coming up every now and then

if you're attached

to appreciation and praise you're going

to view people in terms of their threat

to your attachment or they're fostering

your attachment if you're a politician

and you want to be voted in how do you

think you're going to look at people how

will your interest in people be guided

who's the guy who's going to get you the

votes who's the woman who's and so it

goes on and if what you're interested in

sex how do you think you're going to

look at men and women

if you're attached to sex and if you're

attached to power and so on and on and

on

that colors your view of human beings

an attachment destroys your capacity to

love

what is love

love is sensitivity

love is consciousness to give you an
example

i'm sitting here

listening to a symphony

if all i hear is the sound of the drums

i don't hear the symphony

what is a loving heart

a loving heart is one that is sensitive

to the whole of life to all persons

a heart that doesn't harden itself

to any person or thing

but the moment you become attached in my
sense of the word

then you're blotting out

many other things

you've got eyes only for the object of

your attachment you have ears only for

the drum

the heart has got hardened

moreover

it has got blinded

because you no longer see

the object of your attachment

objectively

you cannot be objective anymore

love

entails clarity of perception

objectivity there is nothing so

clear-sighted as love

then the heart remains soft and

sensitive

but when you're hell-bent

on getting this thing or that or the

other you become ruthless

you become hard

you become insensitive

but all you need is a few minutes

reflection to see this

how can you love people

when you need

people

you can only use them

when you need them emotionally

if i need you to make me happy

i cannot love you

i gotta use you i got to manipulate you

i gotta find find ways and means of

winning you i cannot leave you free

i can only love people

when i have emptied my life of people

when i die to the need for people

then i'm right in the desert

and in the beginning

it feels awful

it feels lonely

but if you can take it for a while

you will suddenly discover

that it isn't lonely at all

it is solitude

it is a liveness

and the desert begins to flower

and at last you know

what love is

what god is

what reality is

but giving up the drug in the beginning

can be tough

unless you have a very keen

understanding or

and you have suffered enough it's a

great thing to have suffered

then you're sick of it

make use of suffering to end suffering

the people suffer and they go on

suffering and that's why i said to you

the the conflict within me sometimes

between the role of spiritual director

and

therapist

as therapist well let's ease the

suffering

all right

as the spiritual director in me says let

her suffer she'll get sick of this way

of relating to people

and she'll finally decide to break out

of this prison of emotional dependence

on anyone

am i making sense

big conflict at times

shall i offer a palliative

or remove the cancer not easy to decide

i'll tell you that

and

when the cancer becomes painful enough

you're right you're ready

if you have understanding

and you're ready to watch it

uh he says first book and he slams it on

the table let him keep slamming it on

the table

don't pick the book up all right

lots of work to be done in the spiritual

life

so much work

spirituality is awareness awareness

awareness awareness awareness

the day you begin to understand

how you are really
picking up things that have no
connection with you at all
like in the old days and i guess my
story is almost everyone's story
somebody was angry with me gee there's
something wrong with me
because that's the way we've been drunk
that's the way we've been programmed by
our parents when mother got angry with
you she didn't say there's something
wrong with me she said there's something
wrong with you or i wouldn't be angry
until i made the great discovery that if
you are angry darling there's something
wrong with you
so you'd better cope with your anger
stay with it and cope with it it's not
mine
now whether there's something wrong with
me or not i'll examine independently of
your anger i'm not going to be
influenced by your anger and the funny
thing is when i can do this
without feeling any negativity towards
you i can be quite objective towards
myself too
because only a very aware person can do

this
not pick up the guilt not pick up the
anger
you're having a tantrum too bad
i don't feel the slightest desire to
rescue you anymore
and i refuse to feel guilty i must talk
about guilt it's like
i'm not going to hate myself
for anything i have done because it gets
you nowhere that's what guilt is i'm not
going to give myself a bad feeling and
whip myself for anything i have done
right or wrong
i'm ready to analyze it to watch it
and say well
if i did wrong
as i will show you presently it was an
unawareness
i was hypnotized
nobody does wrong in awareness
that's why theologians tell us
nicely it's very beautifully said that
jesus could do no wrong now that makes
very good sense to me
because the enlightened person can do no
wrong

what do you think was jesus free

you mean he couldn't do wrong and he was

free

because he was free he couldn't do wrong

now since you can do wrong you're not

free

because we're trained by something

so you're not

free that's a pretty nice bind you've

got yourself into isn't it

well that's it's interesting you know if

i'm sitting here

and somebody comes up to me and says

are you free i say yes i'm free well

here's this machine gun he gives me a

light machine guns he says why don't you

mow all these people down i said excuse

me

i'm not free to do that i got too much

sensitivity to people to be able to do

that i cannot do it does that make sense

to you

as soon as you have a sensitive heart

you cannot do this you simply cannot do

it

could you do it he said yeah i can i can

all right sit here he sits here and he

say wait a minute this isn't freedom

this is a sickness

you need healing

this has far-reaching consequences

you know i was telling you about this

power of words and concepts

your mark twain put it very nicely once

when he said

cold he says

if the thermometer had been an inch

longer we would have frozen to death

that's pretty accurately put you know

we do freeze to death on words

it's like it's not the cold outside that

matters but the thermometer

it's not reality that matters but what

you're saying to yourself

you know they they told me a lovely one

about a guy in finland you know when

they were drawing up the russian

finland border it was a farmer who had

to decide whether he wanted to be in

finland or russia

as they were drawing the boundary line

so after a long time he said he wanted

to be in finland

and he didn't want to offend the russian

officials who came up to him and

demanded to know why did he want to be

in finland

and the guy says you know

it has always been my desire to live in

mother russia

but at my age i wouldn't be able to

survive another russian winter

so i want to be in finland

that brings it out very well doesn't it

it's only a word

it's only a concept

but it isn't

not for human beings

not for crazy human beings there was a

man who once attacked a guru the master

for claiming this that human beings were

mostly reacting to words not to reality

as i explained to you this morning the

governor

a beggar

an indian

an american

the cardinal archbishop the pope

mother teresa

i wonder how many would be capable of

seeing mother teresa

or would they be seeing what they heard

about her

or would they be seeing what they're
expecting
so
we're frequently not looking at reality
we're almost never looking at reality so
this master was attempting to explain to
them
how
human beings are react to words they
feed on words
they live on words
they're perishing because they're living
on words not on reality they're not
getting nourished on reality so one of
the men stood up there and protested he
said i don't agree that words have all
that effect on us and the master said
sit down you son of a

[Laughter]

and the man went livid with rage
he
he said you call yourself an enlightened
person you call yourself a master you
ought to be ashamed so on and on for a
couple of minutes
and the master said pardon me sir i just
got carried away i really beg your

pardon pardon me that was a lapse i'm

sorry

so the man calmed down and the master

said it took just a few words to get a

whole tempest within you and a few words

to calm you down didn't it

words words words words

who will liberate us from words how

valuable they are

how imprisoning

if they're not used properly

awareness

your conditioning drops automatically

that depends on the degree of your

awareness

sometimes it's greater sometimes it's

less

but remember that little exercise i gave

you yesterday when i said don't identify

with the feeling

the feeling will go on

in the beginning

but as you just identify the intensity

will diminish

and there are times when you get a flash

of awareness and in that flash it drops

all together

so the degrees of awareness

and we move into that
and sometimes we have more and sometimes
we have less towards the end of this
session i hope to give you at the
beginning of the next one i hope to give
you a little exercise to show you the
difference between knowledge
and awareness between information and
awareness
i said one cannot do evil in awareness
one can do evil in knowledge or
information
you know
that this thing is bad but you're really
not aware
father forgive them
because they do not know they're not
aware
of what they are doing
i am the greatest of sinners
for i persecuted the church of christ
but friends
i did it unawares
if they had been aware that they were
crucifying the lord of glory
they would never have done so
a time will come when they will

persecute you and they will think
they're doing a service to god what do
you know
thomas aquinas puts it so nicely he says
every time someone sins
they're sinning
under the guise of good
they're blinding themselves
they're seeing something as good even
though they know it is bad they're
telling themselves in some way they're
rationalizing because they're seeking
something as good under the pretext of
good but more about that when we talk of
freedom anyone else yes

[Music]

[Music]

are you

[Music]

did you pick up your attachment
there your attachment to calm
and peace
you're saying unless i'm peaceful i
won't be happy
did it ever occur to you you could be
happy in your attention before
enlightenment i used to be depressed
after enlightenment i continue to be

depressed

ah you hit upon something there

you see if you don't make a goal

out of relaxation and sensitivity ever

heard of these people who get tense

trying to relax

yes they're making an effort to relax

well if one is tense one observes one's

tension

you will never understand yourself if

you seek to change yourself

i'll be explaining that to you later

when we talk about self-change

the harder you try to change yourself

the worse it gets

you are called upon to be aware get the

feel of that telephone get the feel of

the ring of the phone the jawed nerves

get the sensation of that

get the sensation of the steering wheel

in the car in other words come to

reality

and leave the tension or the calmness to

take care of itself as a matter of fact

you will leave it to take care of

yourself because you'll be too

preoccupied or too occupied getting in

touch with reality

see this is what i mean uh kind of step

by step and let whatever happens happens

you know the real change will come about

in you when it is brought about

not by your ego

but by reality

awareness

releases reality to change you

you change

insensitivity

you change in consciousness and

awareness you change but you've got to

experience this

useless taking my word for it

and

but if you've got a plan if your ego has

drawn up a plan

in its own cunning way

and trying to push you into that you'll

meet with resistance there'll be trouble

who else pretty good questions yes

yes

all right the question is is being

awakened a growing process at times

you're awake at times you go to sleep

etc

uh do you pick up the mild anxiety

behind that

you want to be awake don't you

you want to find out if you're really

awake or not

now that's part of asceticism

it doesn't matter

how strange that sounds in a culture and

a society where we've been trained to

achieve goals

get somewhere

there's nowhere to go

you know why because you're there

already

the japanese have a nice way of putting

it

the day you cease to travel you will

arrive

now if your attitude were

i want

to

be aware i want to be in touch with

whatever is and let whatever happens

happen

if i'm awake fine if i'm asleep fine but

the moment you make a goal out of it

and you're attempting to get it see

what's happening there is you're seeking

ego glorification

ego promotion

you want the good feeling that you made

it i got news for you when you make it

you won't know

your left hand won't know what your

right hand is doing

lord when did we do this we had no

awareness

charity is never so lovely as when one

has no consciousness that one is

practicing charity you mean i helped you

i was just enjoying myself i was just

doing my dance

it helped you that's wonderful

congratulations to you no credit to me

because tell me

if you're giving giving jesus the credit

for all the good that happened to people

when he spoke

hold on to your chairs now

why aren't you blaming him

for all the evil that happened to people

when he spoke

if i had not come they would not have

sinned

who's to blame they are to blame and

when they benefited who gets the credit

he

wait a minute

the rain

that is exactly the same in its nature

produces thorns in the marsh and flowers

in the garden

that's up to you

so

when you attain

when you are aware

increasingly

you will not be bothered

about labels like awake or asleep

you know i i must say i cheated with all

of you

i used it

to use an ignition phrase getting in

through your door

arousing your curiosity and i'm sorry to

say your spiritual greed but greed

nonetheless say let's come away it's

going to be wonderful

well

that's for starters after a while it

doesn't matter

one is aware because one lives the

unaware life is not worth living
and you will leave change to take care
of itself

we have another question here yes
all right the question is the harder you
try to change the worse it gets
is there a passivity there
remember i said

the more you resist something the
greater power you give to it
so resist not evil
when someone strikes you on the right
cheek offer him your left as well

you always empower
the demon you fight
that's very oriental

flow with the enemy
and you overcome the enemy
how does one cope with evil not by
fighting it

but by understanding it
in understanding it disappears
how does one cope with darkness
not with one's fists you don't chase
darkness out of the room

with a broom
you turn on the light

but the more you fight darkness the more

real it becomes for you

and the more you exhaust yourself

when you turn on the light of awareness

it melts

watch this

a

scrap of paper

this is a billion dollar check

uh

i must renounce it the gospel will say i

must renounce it gotta renounce it

better give it up i want eternal life

substitute one greed with another greed

spiritual greed with the other greed

before

you had a worldly ego now you got a

spiritual ego but you got an ego all the

rest all the same kind of a refined one

more difficult to cope with i gotta get

rid of it so i'm giving it up i'm really

giving it up i'm but something in me is

drawing me towards it

when you renounce something you're tied

to it

but if instead of renouncing it i look

at it i say hey

this isn't a million dollar check

this is a scrap of paper

lost interest

gone

nothing to fight

nothing to renounce

or if i look under it and i say

heavens look at the anxiety under this

look at the pain

look at the depressions that are going

to follow i don't want this give it up

understanding

awareness

does that address itself to your

question

don't fight

don't make efforts

don't drag yourself

somewhere

find out what's going on

like

if somebody

has no appetite for food

and you force the kid to eat

come on eat no no no what's called for

is understanding what's going on

now you have no appetite

for happiness

you have no appetite for giving up your

drug or whatever what's going on

the violence will not change you it

might change your behavior that's what i

meant

but i have much more to say about it as

we go along about what does

change really entail

how does meditation

how there's understanding how does

awareness bring it about now during

these days

certainly this would apply to quite a

few of you you have understood something

or other about what's going on in you

and you've experienced some little

change have you

some little change some little insight

i'm going to show you how

insight awareness

understanding

produces easy change there's no residue

of violence

if you call in the army

and suppress the citizens of a city

this is going to be a mutiny

and you're going to invest a lot of
force to keep them down
so it isn't violence and effort that's
called for
who else
yeah all right she doesn't understand
what is real
and what is unreal
look
in my country
lots of men
grow up with the belief
that women are chattel
i married her she's my possession
now this guy walks up to you and says
that's real
women are things what would your
response be
not true
right
depends she says
you don't agree with him
if he's married to you
she said oh he's married to me then it's
not real it's not true that's
interesting
that's a good one

she says if he was married to her she'd

be a widow isn't that great

[Laughter]

that's terrific okay

yes

now

is this guy to blame get ready for a

shock he isn't

yes just like many americans are not to

blame for the way they're viewing

russians

they're not to blame

they just got dyed in a certain color

and and there they are and that's the

color through which they're looking at

the world and they see that color

now what does it mean to make him real

to make him aware that he's looking at

the world through colored glasses ah

there is salvation

there's no other salvation

because i could say to him stop it

that's not good but till he has seen

he's always in danger of finding some

other way

of acting according

to this conviction that was given to him

so i told you that's the making of the
terrorist

he's absolutely convinced he sees a real
world out there he's got real enemies
he's got people who hate him but when we
look at it we say funny that's not there
at all

you're imagining things
you're conditioned so the great search
of spirituality the great
task of spirituality
where am i coming from

is this real
or am i conditioned
am i brainwashed

my dears
to doubt
is infinitely more important than to
adore
to question
is so much more important than to
believe

and it's because we don't do this
that we have people killing one another
the readiness the openness to question
everything
the readiness to doubt everything

doubt says a great indian mystic
is a healing bomb
though it burn at first
it will heal you
it begins to burn because when those
convictions that you've injected
introjected
are beginning to wear off
you feel as if you're losing your whole
life
my gosh i i've been a communist all my
life i was seeing the world through
communist eyes
has it ever struck you that if you are
thinking as a communist
you've ceased to think
if you're thinking as a communist
you've ceased to think does that make
sense
how about if you're thinking as a
muslim same thing as soon as you're
thinking as anything
you stop thinking
as soon as you're looking at the world
through an ideology
but what is an ideology those are words
those are theories

those are ideas and concepts
no reality fits an ideology and all good
ideologues will tell you that they'll
say well this is the best we've come up
with doesn't fit
life is beyond that that is why
people are always searching for a
meaning to life as it never struck you
that life has no meaning
cannot have meaning what is meaning
meaning is a formula
meaning is something that makes sense to
the mind
but every time you've made sense out of
reality you bump into something that
destroys it all and you say well god is
a mystery life is a mystery we don't
really understand it
we don't really know
it's like the mystics
graft
meaning
onto their experience of reality
but it is really only a graft
falteringly inadequately they try to
express something
they give some clue they give an

indication as i'll tell you when we talk
about the scriptures they tell you a
story
hoping you'll get a clue but it's not
contained in that formula
goes beyond the formula
meaning is only found when you go beyond
meaning
life only makes sense
when you perceive it as mystery and it
makes no sense to the conceptualizing
mind yes you have a question meaning is
a set of sentences that your mind can
understand
label very well put
yes
can what oh i didn't say adoration
wasn't important i just said that doubt
was infinitely more important than
adoration
everywhere people are searching for
objects to adore
i don't find people awake enough to
question themselves their attitudes
their convictions i'll tell you this
how happy we would be
if a lot of the number of those

terrorists would adore less and question

more how about that

ah now you're getting what i'm saying

only we don't like to apply it to

ourselves we think we're all right the

terrorists are wrong

you know something a guy who's a

terrorist for you is a martyr for the

other party

yes

[Music]

loneliness is

you're missing people

aloneness is

you're enjoying yourself

remember that quipper bernard shaw

when they asked him whether he was he

went they saw him at a party you know

those

awful things that you call cocktail

parties where nothing is said

and i just don't see how people enjoy

that but evidently some do so he found

himself at one of these parties and they

said are you enjoying yourself and

bernard shaw said it's the only thing

i'm enjoying here

right

so aloneness

is

when you enjoy yourself and hey listen

to this and others

because you know something

you never enjoy others really when you

are enslaved to them

needing people means

needing them emotionally

community is not formed by a set of

slaves people enslaved to people

people demanding that other people make

them happy

go on you're supposed to make me happy

because my happiness is in you go on

you're not supposed to be moody now

because if you're moody you affect me

change your mood i need you

community is formed

by emperors and princesses

you're an emperor you're not a beggar

you're a princess you're not a beggar

there's no begging bowl there

you're enjoying yourself and reality

and so you enjoy everybody because

there's no clinging there's no anxiety

there's no fear

there's no hangover there's no

possessiveness

there's no demands

free people

form community not slaves

now

to my mind this is such a simple truth

but you're so right there it has been

drowned out

by a whole culture including a religious

culture religious culture can be very

manipulative

if you don't watch out

there was another hand up here somewhere

yes

all right now let me let me reword your

question for you or your comment and you

check me out uh see if i'm all it's all

right

she says

to my mind awareness is a kind of a

the high point the plateau until i get

there i want to experience every moment

as it is now first of all don't make a

goal out of awareness there's nowhere to

go

there's nothing to achieve

how do i get to this awareness through

awareness

now when you say you really want to

experience every moment you're really

talking awareness

because

you don't want to experience this guy

the friend of mine who's just gone to

ireland he tells me

he's an american citizen he said i'm

entitled to an irish passport so i'm

getting one because i'm scared to travel

abroad now on an american passport you

know i don't want a terrorist walking in

and say let me have a look at that

passport of yours he says well i'm irish

i fought oppressors too

so this guy well

you don't want to sit next to this guy

on a plane and see an irishman

or an american you don't want to see

labels you want to taste and experience

this person as he is

and you want to do that with everything

unprejudiced

you don't just want to taste your words

how many people spend their lives

not eating food

they're eating the menu

they really are

can you imagine somebody saying

reading the menu and says beefsteak

there it is and

no for heaven's sake wait a minute

that's only an indication of something

that's available

so you want to eat the steak not the

words that's awareness that's awareness

all right

your dependence now

as you become aware of that

as you watch that

disidentify and watch that and as i'm

going to tell you presently don't

condemn yourself you're only going to

make it worse

but if you would see the pain it brings

you you'll drop it

you're quite right you want the pain

you want the pain

of having it

and you're angry with the pain how

wonderful now

i'm going to ask you a personal question

have you spent

500 hours watching this

that would work out to an hour a day

for over a year

oh the book is useless

no no i'm talking about watching

this

have you spent

hours watching this

two two

you will see miracles happening famous

american therapist who said that get out

lose your mind and come to your senses

yes lose your mind and come to your

senses but i'll take that with a pinch

of salt huh because you need an

intelligent mind to understand

it's not as if

mere sense awareness

is going to heal you of everything if

you're still keeping your programming

you're still keeping your conditioning

if you still think your wife is a thing

and not a person if you still think that

you're looking at reality objectively

when you're looking at it distortedly

well just coming to your senses may not
be all that much of a help certainly a
help
but one needs intelligence to understand
too
awareness isn't a tool awareness is a
method awareness is the goal awareness
is life
one cannot misuse awareness
one is aware
one cannot
how does one misuse
non-misuse
be aware be aware
no one will tell you
that the unaware life
is preferable to the aware life
be open to feedback
be open to questioning to be open to be
sensitive to be aware
one cannot misuse that
can one be fully human without
experiencing
tragedy
the only tragedy there is in the world
is ignorance
and all evil comes from there

the only tragedy there is in the world

is

unwakefulness and unawareness

and from there comes fear and from fear

comes everything else

but death is not a tragedy at all

dying is wonderful

but it's only horrible to people who

have never understood life

it's only when you're afraid of life

that you fear death

it's only dead people who fear death

but people who are alive have no fear of

death and one of your american authors

has put it so well

the test

of your awakening i don't remember what

word he uses exactly is the depth of

your belief in injustice and tragedy

what is the end of the world for a

caterpillar

is a butterfly for the master

death is resurrection

but we're not talking

about something that will happen but is

happening right now

if you would

die

to the past

if you would die to every minute the

person who is fully alive

is the person who is full of death

we're always dying to things

we're always shedding everything in

order to be fully alive and to be

resurrected at every moment

now

the mystics the saints and others

their great effort

is to wake people up

if we don't wake them up my dears

we're always going to have these other

minor ills

of

hunger

and war

and violence etc because of the great

ill the great evil of sleeping people

ignorant people we're always coming up

with new schemes aren't we the great

debate going on in india about mother

teresa's work because lots of people are

saying what's she doing she's running an

ambulance service for people who are

being crushed by an unjust society you
know imagine a huge factory and people
are getting crushed there so they're
taking these broken bodies and throwing
them out the window and mother teresa
comes along with her sisters picks up
the body puts them in an ambulance and
takes them away

we mustn't do that we got to change the
whole system is that right yeah

well wait a minute i think she's doing a
great work because all right at least
there's somebody to pick up the broken
bodies and they say

rightly perhaps it's precisely the
owners of the factories who are giving
her the money to to keep the lawn clean
pick them up

something there something

but i wouldn't exclude her work at all
but what exactly do you plan to do now
take over the factory huh yeah

you know what's wrong with the factory
it's being run by wolves

are you going to substitute it with
another set of wolves

you think changing the system and

putting wolves in charge is going to
change it

in mexico there was a jesuit who became
the treasurer of the province he says he
wrote a note to our rupee once to ask
him about the relative value of
communism socialism and capitalism and
father rupe gave him a lovely reply he
said

a system is about as good or as bad as
the people who use it you know people
with golden hearts would make capitalism
work beautifully

they say look i don't want to crush you
out of the market i'll make a little
space for you so you can run your little
business too or whatever but if that
doesn't change

if people haven't woken up meaning they
have not become sensitive
to reality

then we have tragedy that's the origin
and the root of tragedy now changing i
said

i i said to you yesterday
we're talking about people who are
always wanting others to change so that

they will be happy remember

and i was saying

don't ask the world to change you change

first

then you will get a good enough look at

the world so that you will be able to

change whatever you think ought to be

changed

first take the plank out of your own eye

but if you don't take it out of your eye

you have lost the right to change anyone

or anything

till you are aware of yourself you have

no right

attempting to interfere with anyone else

or with the world

now

the danger of attempting to change

others and to change things if you

yourself are not aware is

that you may be changing things

for your own convenience

your own pride

your own dogmatic convictions and

beliefs

or just to relieve your negative

feelings

i happen to have negative feelings so
you'd better change so that i'll feel
good

first cope with your negative feelings
so that when you move out to change
others you're coming from love
you're not coming from hate
you're not coming from negativity you're
coming from love

strange as it may seem people can be
very hard on others and very loving
the surgeon can be so hard on the
patient
and so loving

love can be very hard indeed
what does self-change entail i've said
it in so many words again and again but
i'm going to break it down into little
segments

first insight

not effort

not cultivating habits

not having an ideal

ideals do a lot of damage

you're the whole time focusing on what
should be

instead of understanding what is

and so you're imposing what should be
on present reality
never having understood
what present reality is
now

insight

let me give you an example of that
from my own experience counseling
experience there's this priest who comes
to me and says he's lazy
he wants to be more industrious more
active he is lazy and i say lazy what
does that mean now we're going to get
into awareness into insight what's he
talking about

in the old days i would have said to him

oh you're lazy huh he says yes

well

let's see

why don't you do this why don't you make

a list of things you want to do every

day and then every night you tick them

off that will give you a good feeling

and then so build up a habit or i might

say to him who's your ideal who's your

patron saint he says say in france and

xavier now see how much that guy worked

you got to meditate on your ideal and
that will get you moving etcetera now
that's one way of going about it but i'm
sorry to say it's superficial
making him use his willpower his effort
etc doesn't last very long
his behavior may change but he does not
let's move in the other direction i say
to him lazy what's that you know there
are about
500 million types of laziness
let's hear what your type of laziness
would you describe what you mean when
you're talking about laziness
he says well you know i never get
anything done
uh-huh
you don't feel like doing anything
that's right i don't feel like doing
anything you mean right from the moment
you get up in the morning yes he says
you know i wake up in the morning and
nothing worth getting up for he says
that's right nothing worth getting up
for you're depressed
he says you could call it that i'm
depressed

so i've sort of withdrawn

have you always been like this

well not always when i was younger i was

more active when i was in the seminary i

was full of life

when did this begin

about three years ago four years ago

anything happen

he's thinking

well if you have to think so much

nothing special could have happened four

years ago how about the year before that

what happened

he said well i was ordained

anything happen in your ordination here

no well there was a little thing the

final examination in theology you know i

failed and

uh

was a bit of a disappointment but i've

gotten over it it's all right

what happened

he says well the bishop was planning to

send me to rome

to eventually teach in the seminary

and

while i rather like the idea but since i

failed in the examination he changed his
mind he sent me to this parish he said
actually that was an injustice because
the man on the board he was
oh he's getting worked up now there's
anger there
he hasn't gotten over it
we've got to work through that
he's disappointed
it's useless preaching him a sermon
we've got to find out what's happening
there it's useless giving him an ideal
we've got to get him
to face his anger his disappointment to
get some insight into all of that
when he's able to work through that he's
back into life again
if i had only given him an exhortation
if i had said do you have married
brothers and sisters i do do you see how
hard they have to work and you know the
trouble with us clergy we get ev we have
everything found for you know we get our
meals
that'll make him guilty
but he hasn't got self-insight
which is going to heal him

so that's the first thing the marvels of

psychological insight now there's a

great

boon in psychology

great help modern psychology is indeed a

great help to understand how our

emotions keep tying us into all kinds of

situations

not really necessary

it isn't too difficult to unearth

his addiction

his attachment

there's another great help understanding

did you really think this was going to

make you happy

you just assumed it was going to make

you happy why did you want to teach in

the seminary

because you wanted to be happy you

thought that being a professor having a

certain status and prestige would make

you happy would it

understanding is called for there

or the other thing that i told you the

other day when i made the distinction

between i

and me

there's a great help too

disidentify what's going on after being
on earth what's causing your depression
that's not difficult to see at all

meditating

and imitating externally the behavior of
jesus is no help

it's not a question of imitating christ

it is a question of becoming what jesus
was it was it's a question of becoming
christ

becoming aware understanding what's
going on within you

you know all the other methods we use
for self-change could be compared to
pushing a car

let's suppose you have to go from here
to what shall we say to syracuse

i have to go from here to syracuse the
car breaks down somewhere say well two
cars too bad the car's broken down we
roll up our sleeves and begin to push
the car

and we push and we push and we push and
we push do we get the syracuse

say well

we made it

where do we go next saint louis

oh god

to roll up our sleeves and push it all

the way to saint louis to say hey

you're making a mess of your life yes

but we got there didn't we

but you call this life you know what you

need you need an expert

you need a mechanic lift the hood say

hey you got to change your spark plug

that's what we do

turn the ignition key

and the car is moving

you need the expert you need

understanding you need insight you need

awareness you don't need pushing

you don't need effort

that's why people are so tired

people are so weary

this afternoon i'll tell you the root of

the whole thing you were trained and i

was trained to be dissatisfied with

ourselves

that's where the thing is

that's where the evil comes from

psychologically we're always

dissatisfied we're always discontent

we're always pushing so go on make more

efforts more and more efforts there's

always that conflict inside

but there's very little understanding

i told you about those red letter days

in my life one of them was in chicago

one

was in spain

and the third one was in india it was a

great day really it was the day after i

was ordained

and i sat in a confessional we had a

very saintly jesuit priest in our parish

uh spaniard spanish priest

i remember the day i went to the

navishit

i thought i'd better make a clean breast

of everything and you know confess

everything so when i go to the bishop

i'll be nice and clean and i won't have

to tell the novice master anything all

right

and also there you know he'd have crowds

of people outside this lining up is

confessional because he'd have a violet

curtain

and i don't know where he got this a

violet colored handkerchief which he'd
cover his eyes with
and he'd just mumble something and give
you a penance and send you away and he'd
only met me a couple of times you know
once he called me antoni anthony so all
right so he met me in it i i thought i i
i go to solaire i stood in line when my
turn came i changed my voice
all i said it's uh you know quite a
while since i've been to confession he
listened to me patiently and he gave me
my penance and he if saul gave me the
absolution and he said anthony when are
you all god when are you going to the
novice at all
well i went to this place the day after
my ordination he said you want to hear
confessions i said yeah all right so he
said go and sit in my confession and i
thought my the holy man ministered in
his confessional i heard confessions for
three hours it was palm sunday we had
the easter crowd coming in
i came out depressed
not at what i had heard
because i had been led to expect that

and having some inkling of what was
going on in my own heart i was shocked
by nothing
you know what depressed me
the realization that i'd give them that
little pious advice now pray to the
blessed mother she loves you and
remember that god is on your side but
what was i saying
were these pious platitudes any cure for
cancer really and this is cancer i'm
dealing with
and i swore a mighty oath to myself that
day
i'll learn
i'll learn
so that it would not be said of me
father what you said was absolutely true
and totally useless
awareness
insight
because when you get the expert when you
become an expert you'll soon become an
expert you don't need to take a course
in psychology you know
as you begin to observe yourself
to watch yourself to pick up those

negative feelings you'll find your own

way of explaining it

and you'll notice the change

but then you'll have to deal

with a big villain

and that villain is self-condemnation

self-hatred

self-dissatisfaction

let's continue with change through

awareness

effortlessness in change

a thought of a nice image for that

the sailboat you have a sailboat with a

mighty wind in its sails

and it glides along so effortlessly

and the boatman what does he have to do

nothing but steer

he makes no effort he doesn't push the

boat

that's something of an image

of what happens when change comes about

through awareness

through understanding

plenty of quotes today i

was going through

uh some of my notes this afternoon and i

found some quotes that fit pretty well

with what i've been saying this morning

so i thought i'd read them to you listen

to this one there is nothing so cruel as

nature

in the whole universe

there is no escape from it

and yet

it is not nature that does the injury

but the person's own heart

does that make

sense it isn't nature that does the

injury

but the person's own heart

you know the story of paddy who fell

from the scaffolding and got a good bump

he was working on that building and they

said did the fall hurt you paddy and

patty says no it was the stop that hurt

not the fall

[Music]

when you cut

water

the water doesn't get hurt

when you cut

something that's solid it breaks

you got solid attitudes inside

you've got solid illusions inside that's

what bumps against nature

that's where you get hurt that's where

the pain comes

beginning to make sense

my i've been talking about nothing else

these days

you pick up your addictions

you pick up your illusions you identify

yourself with the me

you're going to get hurt

you're going to experience pain

so that's where it comes from how come

you experience so much pain in this

situation someone else doesn't

same situation

different heart

different outlook

different attitude

change your attitude

something will happen

here's a lovely one

these are mostly from oriental sages

don't even remember from whom it really

doesn't matter like in the bible the

author doesn't matter

what is said is what matters

if the eye is unobstructed

the result is sight

if the year is unobstructed the result

is hearing if the nose is unobstructed

the result is a sense of smell if the

mouth is unobstructed the result is a

sense of taste if the mind is

unobstructed

the result is wisdom

when you drop those barriers that you

have erected through your concepts and

conditionings

wisdom is not something acquired

wisdom is not experience

wisdom comes from not being influenced

by experience

wisdom is not applying yesterday's

solution

to today's problem

somebody said to me when i was doing my

degree in psychology in chicago

years ago someone said frequently in the

life of a priest 50 years experience is

one year's experience repeated 50 times

you got the same solutions this is the

way to deal with the alcoholic this is

the way to deal with priests this is the

way to deal with sisters this is the way

to deal with the divorcee

that isn't wisdom

wisdom is to be sensitive to this

situation

to this person uninfluenced by any carry

over from the past no residue from the

experience of the past

quite unlike what most people are

accustomed to thinking

i would add another sentence to the ones

i've read

when the heart is unobstructed

the result is love

now i've been talking a great deal about

love these days and i told you there's

nothing that can be said really about

love

we can only speak of non-love

and drop that

we can only speak of addictions and drop

that

but of love itself nothing may be said

explicitly

how would i describe that you know what

i decided to do

uh i hope it will go down well with you

i decided to give you one of those

meditations i'm writing in a new book of
mine one of those reflections i'll read
it to you slowly and you meditate on it
as we go along because i've got it put
down rather pitifully there and i could
get that done in three or four minutes
otherwise it would take me half an hour
let's try it out shall we

okay it's a comment on a gospel sentence
and the sentence is most of these
reflections i've written in this book
deal with gospel reflections

i was just thinking this morning of
another nice reflection this one comes
from plato by the way one cannot make a
slave
of a free person

for a free person is free even in prison
or rather one cannot make a slave of a
wise
person

does that ring a bell if someone forces
you to go one mile
go too

you think you've made a slave out of me
putting a load on my back you haven't
exactly what i was talking about all of

these days you're trying to change
exterior reality my dear
if you need to be out of prison in order
to be free
you are a prisoner indeed
freedom is not in exterior circumstances
freedom resides in the heart
and when you have attained wisdom
who can enslave you
and you're out of prison and enslaved by
your addictions and your attachments and
your conditionings
and your negative emotions you call
yourself free
aha there it is
now listen to this gospel sentence
he sent the people away
after doing that he went up to the
mountain to pray
alone
it grew late
and he was there
all by himself
that's what love is all about
has it ever occurred to you that you can
only love when you are alone
what does it mean to love it means to

see

a person a thing a situation

as it really is and not as you imagine

it to be

and to give it the response that it

deserves

you can hardly be said to love

what you do not even see

and what prevents us from seeing

our conditioning

our concepts our categories our

prejudices our projections

the labels that we have drawn from our

culture

and from our past experiences

seeing is the most arduous thing that a

human being can undertake

for it calls for a disciplined

alert

mind

remember what i said to you this morning

am i really seeing this person

or am i coming from my conditioning

or from my prejudiced view

it calls for an alert mind

but most people would much

rather lapse into mental laziness

then take the trouble to see each person

each thing

in present moment freshness

let's stop there now

and ask

is that clear

or isn't it

to see that's the least we could demand

of love

see me

as someone said

once i'll always remember

the false image that i had of you i will

always love the false image that i had

of you

am i loving the image or am i loving

this person

am i projecting something from the past

on to this person

very well to drop your conditioning in

order to see is arduous enough

but seeing calls for something that is

more painful still

the dropping

of the control

which

society exercises over you

a control

whose tentacles have penetrated to the

very roots of your being

so that to remove it

is like tearing yourself apart

what is this control

if you wish to understand this think of

a little child

that is given a taste for drugs

as the drugs penetrate the body of the

child it becomes addicted and its whole

being

cries out for the drug

to be without the drug

is so unbearable a torment

that it seems preferable to die

think of that image

the body

has got addicted to the drug

now this is exactly what your society

did to you when you were born

you were not allowed to enjoy the solid

nutritious food of life

namely

work

play

fun

laughter

the company of people

the pleasures of the senses and the mind

you are given

a taste

for the drug

called

approval

appreciation

attention

you know to the point where

psychologists began to tell us

that a child

needs

attention

you've got to give him plenty of

attention after you've drugged the child

yes

i'll be quoting

a great great man after a while a man

called neil those of you in education

surely heard of him a s neil the author

of summerhill

remind me to recommend two books to you

tonight i'll write them on the board

only going to recommend two and one of

them is going to be summerhill neil

neil says

the sign of a sick child is that it is
always hovering around its parents

it is interested in persons

the healthy child has no interest in
persons

it is interested in things

you know when when the child is sure of

mother's love it forgets mother it's

going out to explore the world it's

curious

looking for a frog to put into its mouth

kind of thing

when he's hovering around mother bad
sign

he's insecure

maybe mother has been trying to suck

love out of the child and not giving the

child given the child all the freedom

and assurance it wanted

mother's always been threatening to go

away in many subtle ways

all right so we were given a taste for

the drug called addiction

approval

attention

the drug called success

you got to make it to the top
prestige get your name in the papers
power be the boss
that's a success story people take
orders from you
we were given a taste for this be the
captain of the team
lead the band
having got a taste for these drugs
you became addicted
and began
to dread
their loss
so the control
you felt terror at the prospect of
failure
of making mistakes
the prospect of criticism from others
so you became cravenly dependent on
people and you lost your freedom
others now have the power
to make you happy or miserable
you're craving for your drug
and much as you hate the suffering that
this involves
you find yourself completely helpless
there is never a minute when consciously

or
unconsciously you are not aware
of you are not attuned to the reaction
of others
marching to the beat of their drum
a nice definition
of an awakened person is
that this person no longer marches to
the drums
of society
this person dances to the tune of the
music that springs up from within
when you are ignored
or disapproved of
you experience a loneliness so
unbearable that you crawl back to people
to beg
for the comforting drug
called support
encouragement
reassurance
to live with people
in this state
involves a never-ending tension
have you ever paused to think of that
living with people
is tension

sartre

hell is the other

how true when you are in this state of

dependence but how true

you've always got to be

on your best behavior

you can never let your hair down

you've got to live up to expectations

you're always tense

to be with people

is to live in tension

to be without them

brings the agony of loneliness

you miss them

you have lost your capacity

to see them exactly as they are

and to respond to them accurately

because

your perception of them is clouded

by the need to get your

drug you see them in as much as they are

support for getting your drug

or a threat

to having your drug removed

you're always looking at people

consciously or unconsciously through these

eyes

will i get what i want from them
will i not get what i want from them
and if they can neither support nor
threaten my drug i'm not interested in
them that's a horrible thing to say
but my dear friends i wonder if there's
anyone in this room of whom this cannot
be said
if we really dropped our illusions
in as much as they can give me what i
want
or deprive me of what i'm what i want
i'm interested
i'm alert
otherwise
not much interest or no interest at all
the consequence of this is terrifying
and unescapable
you have lost
your capacity
to love
you need awareness and you need
nourishment
you need good healthy nourishment
learn to enjoy the solid food of life
good food that too good wine good water
taste

lose your mind and come to your senses
that's good healthy nourishment the
pleasures of the senses and the
pleasures of the mind
good reading when you enjoy a good book
or a real good discussion
thinking marvelous
see unfortunately
people
have gone crazy
and they're getting more and more
addicted because they do not know how to
enjoy the lovely things of life
so they're going in for greater and
greater artificial stimulants
some years ago president carter
during the oil crisis
made an appeal
uh to americans everywhere to go in for
austerity i thought to myself
he shouldn't tell them to be austere he
should tell them to really enjoy things
most of them have lost their capacity
for enjoyment
i really do believe that most people
have in affluent countries
they got to have more and more expensive

gadgets

they can't enjoy the simple things of

life

and then i walk into all kinds of places

where they have all the most marvelous

music you get these records at a

discount or whatever they're all stacked

i never hear anybody listening to them

no time no time no time no time

they're guilty

no time to enjoy life they're overworked

go go go go

if you really enjoyed

life

and the simple pleasures of the senses

you would be amazed you developed that

extraordinary discipline of the animals

an animal will never overeat

left in its natural habitat it will

never be overweight

it will never drink or eat anything that

is not good for its health never never

touch it never find an animal smoking

it always exercises as much as it needs

look at your cat after it's had its

little breakfast look how it relaxes

and see how it springs into action

look at the suppleness of its limbs and

the aliveness of its body

we've lost that

we got lost in our minds and our ideas

and our ideals and so on

and it's always go go go

and we've got an inner self conflict

which the animals don't have

and we're always condemning ourselves

and making ourselves guilty you know

what i'm talking about because

i could have said of myself

but one jesuit friend said to me some

years ago

take that plate of sweets away because

in front of a plate of sweets or

chocolate

i lose my freedom

he said and that was true of me too i

lost my freedom in front of all kinds of

things

no more

no more

i'm satisfied with very little

and i enjoy it intensely when you've

enjoyed it intensely you need very

little

but you've lost your capacity for
enjoyment
you're never there
it's like people who are busy planning
their vacation
and they spend months planning it they
get to the spot and then they're all
anxious about their reservations for
flying back
but they're taking pictures all right
and later they'll show you
pictures in an album of places that they
never saw
but that they photographed
that's a symbol of modern life
so i cannot insist enough on this kind
of asceticism slow down
and taste and smell
and hear and let your senses come alive
you want a royal road to mysticism
sit down quietly and listen to all the
sounds around you
so that as far as possible no sound is
excluded
you do not necessarily focus on any
sound but you hear them all
or you will see the miracles that happen

to you if you are able to do this
when your senses come unclogged
so that is extremely important for the
process of change
that
with awareness as i've explained to you
all of today
before the end of the session i do want
to give you a taste
of the difference between analysis and
awareness
or information on the one hand and
insight on the other
information is not insight
analysis is not awareness
knowledge is not awareness
suppose i walked in here
and there was a snake crawling up my arm
and i say to you do you see the snake
crawling up my arm
i just checked in an encyclopedia you
know the encyclopedia britannica before
coming into the session and i find that
this snake is known as a russell's viper
if it bit me i would die inside of half
a minute
would you kindly suggest ways and means

by which i could get rid of this
creature that's crawling up my arm who
talks like this
i got the information but i got no
awareness
i'm destroying myself through alcohol
would you kindly suggest ways and means
i could get rid of this this guy got no
awareness
he knows he's destroying himself but
he's not aware of it if he were aware of
it it would drop that minute
if i were aware of what this thing was
i'd
i wouldn't brush it off my arm it would
get brushed off through me
that's what i'm talking about that's the
change i'm talking about you don't
change yourself it's not me changing me
change takes place through you in you
that's about the most adequate way
adequate way i can express it
you see
change take place in you
through you
in your awareness it happens
you don't do it

when you're doing it bad sign

won't last

and if it does

god have mercy on the people you're

living with because you're going to be

very rigid you know

these people who are converted on the

basis of self-hatred and

self-dissatisfaction

boy they're impossible to live with

uh-huh

somebody said you want to be a martyr

marry a saint

[Laughter]

so uh

so god have mercy on all of us if you

that the change lasts

because you're so rigid on yourself

you're going to be rigid than everyone

else but in awareness you keep your

softness your suppleness your gentleness

your openness your flexibility

and you don't push

change occurs remember an alcoholic

priest telling us in chicago when i was

studying

uh my psychology there

he said you know i had all the

information

and i knew that the alcohol was killing

me

and believe me

nothing changed and it changes an

alcoholic not the love of his wife or

the love of his kids and he does love

them but it doesn't change them but he

said i discovered one thing that changed

me

i was lying in a gutter one day there

was a slight drizzle i was in the bad

books of the archbishop again

we had been friends before

uh

not too friendly now anymore but all of

that did not affect me but he said in

that moment i opened my eyes and i saw

that this was killing me but i saw it

i've never had the desire to touch a

drop after that

he said as a matter of fact i've even

drunk a bit after that but

never more than i needed or never more

and never enough to damage me i couldn't

do it i just cannot do it i've seen i've

been aware that's what i'm talking about

awareness

not information awareness

a friend of mine who was given to

excessive smoking said you know he had

all kinds of little jokes he'd say oh

come on they tell us that tobacco kills

people look at the ancient egyptians

they're all dead and none of them smoked

they're all

dead so that kind of thing well

one day he was having trouble with his

lungs he went to our uh

cancer research institute in bombay

which is pretty well equipped he went

there and the doctor said father you've

got two patches on your lungs it could

be cancer you'll have to come back next

month you know he never touched a

cigarette after that

he knew it could kill him before now he

was aware that it could kill him that's

the difference

the founder of my religious order saint

ignatius has a nice expression for that

he says he calls it

tasting and feeling the truth not

knowing it but tasting and feeling it
getting a feel for it ah when you get a
feel for it you change
when you know it in your head you don't
listen to this for instance
just give you a couple of examples more
and then we'll end
i've often said to people
the way to really live but to really
live
is to die
or
the passport for live to living
is to imagine that you're in your grave
can you imagine that
you're lying in your coffin uh any
posture you like nice in india there
they put them in india we put them
cross-legged what do you know you know
when they're there oh yes yes and they
sometimes carried that way to the to the
burning ground sometimes they're lying
flat and so on all right so imagine
you're lying flat and your hands are
there and
uh one over the other
and you're dead

look at your problem from that viewpoint

now come on look at it

changes everything doesn't it

sure does

or

if someone says you know really bothers

me that after a hundred million years no

one except a handful will probably

remember me says this guy

what do they think he is after a hundred

million years but anyway now

your uh

the coffin what a lovely lovely

meditation do it every day if you have

the time huh you'll come alive it's

unbelievable you know i've got i've got

a meditation about that in that book of

mine wellsprings where you see the body

decomposing then you've got bones

then you've got dust and you know every

time i talk about this i have people say

oh

what's so disgusting about it this is

reality for heaven's sake

see i told you you don't want to see

reality who conditioned you

don't want to think of death

you people don't live most of you you

don't live

you're just keeping the body alive

that's not life

you're not living until you don't it

doesn't matter a thinker's damn whether

you live or you die

now you live

only when you're ready to lose your life

you live it

when you're protecting your life you're

dead

sitting up there in an attic

and i say to you come on out you say no

no no no no you know if you got i read

about people going down the stairs and

they slip and they break their necks

that's too dangerous

and i can't get you to cross the street

because say do you know how many people

get run over when they're crossing a

street and if i can't get it across the

street how could i get you to cross

continents

and if i can't get you to peep out of

your little narrow beliefs and

convictions and take a look at another

world my i mean you're dead

you're completely dead

life has passed you by

you sat in your little prison you're

scared you're frightened you're

frightened you lose your god you'll lose

your religion you lose your friends you

lose your health you lose all kinds of

things

life is for the gambler

it really is

that's what jesus was saying

you're ready to risk it and you know

when you're ready to risk it when you

found it

when you know that this thing that

people call life is not really life you

found something else

when you have seen something else and it

doesn't matter whether you live or die

everywhere i go it seems to matter so

much to keep people in a state in a

vegetable state you know it's like when

the body perishes

life disappears so people frequently

mistake

keeping

the body alive with living it's not the
same as living

now

love the thought of death

love it

go back to it again and again

think of the loveliness of that

corpse

of that skeleton of those bones

crumbling until you got a handful of

dust

huh huh

and from the

from there now

look at your life what a relief

what a relief

most of you probably don't even know

what i'm talking about you're too

frightened to think of it probably

but it's such a relief you know

when you can look back on life from that

perspective

what about all those mighty problems

or visit a graveyard

it's an enormously purifying and

beautiful experience

you you walk there

why are you so frightened of reality huh

and you look at this man

and say gee he lived so many years ago

two centuries ago

must have had all the problems that i

have

he must have had lots of sleepless

nights who were stupidities

like me

how crazy

we live for such a short time

and then

as that italian poet says

we live

in a flesh of light

an evening comes and it is night forever

it's only a flash

and we waste it

we waste it with our anxieties and our

bodies and our concerns and our burdens

now

if you make that meditation

you may just end up with information

or you may end up

with awareness

and in that moment of awareness you're

new

at least as long as it lasts then you'll
know the difference between information
and awareness
am i talking since all right you're
getting it you're on
very good
or listen to this a friend of mine just
uh 10 days ago in india who's an
astronomer was giving me some of the
most fundamental things in astronomy
it's mind-boggling
you know i did not know till he told me
that when you see the sun
you're seeing it where it was eight and
a half minutes ago not where it is now
because it takes the ray of the sun
and eight and a half minutes to get to
us
so you're not seeing it where it is it's
somewhere else
you're seeing it where it was eight and
a half minutes ago
and stars
the ray of light comes from the sun in
eight and a half minutes
stars have been sending
light to us

for hundreds of thousands of years
so when we're looking at them they may
not even be there when we're looking at
them somewhere else we're getting the
light now
now he said imagine a galaxy a whole
universe
and this earth of ours
lost towards the tail end of the galaxy
the milky way it's not even in the
center somewhere at the tail end
every one of those stars is a sun some
suns are so big
that you could put the sun and the earth
and the distance between them in one of
them
they've got planets
possibly but we don't know because the
planets don't send light
possibly there's life on those planets
we we have no means of knowing because
there's no light coming from them the
planets are in darkness
well
uh after discovering all of this about
50 years ago
they found there was yet another

universe another galaxy you know how

many

universes they calculate there are how

many galaxies they calculate there are

today a sober estimate says

100 million

galaxies

and the universe as we know it is

expanding

at the rate of the the diameter

is that what i want yes not the radius

the diameter is expanding at the rate of

2 million miles a second

imagine a bubble that you're blowing and

the universe is expanding at the rate of

two million miles a second

you know i was having dinner with this

guy

and it was it was fascinating listening

to all of this

and i come out of that restaurant

and move into the street

and look up there

and i have a different field

a different perspective that's awareness

you could pick this up as cold facts and

that's information

or you suddenly get another perspective

on

on life

what are we

what's this universe what's human life

now when you get that feel that's what

i'm talking about when i talk of

awareness

now as you begin to practice some of the

exercises i've been giving you you will

get this feel

in many things

then you will know

then you will know

if you wish to love

you must learn to see

again

and if you wish to see

you must give up your drug

as simple

as that

give up your dependence

you must tear away from your being the

tentacles of society that have

penetrated to the marrow

you must drop out

externally everything will go on before

you will continue to be in the world

but will no longer be of it

because in your heart you will now be

free at last

and utterly

alone

it is only in this aloneness

in this utter solitude

that dependence on your drug will die

incidentally

aloneness means

not

not having the company of people

it means not depending emotionally

anymore

this for this aloneness you don't go to

the desert

you're right in the middle of people

you're enjoying them immensely

but they no longer have the power to

make you happy or miserable that's what

aloneness means

so in this solitude your dependence dies

and the capacity to love is born

for one no longer sees others

as means of satisfying

one's addiction

only someone who has attempted this

knows the terror of the process

it is like inviting yourself to die

it is like asking the poor drug addict

to give up the only happiness he has

ever known

and to replace it with the taste for

bread and fruit

and the clean fresh morning air

and the sweetness of the water from the

mountain stream

while he is struggling with his

withdrawal

symptoms and with the emptiness that he

experiences within himself

now that his drug is gone

to his fevered mind

nothing can fill the emptiness

except his drug

can you imagine a life

in which you refuse to enjoy

to take pleasure

in a single word of approval and

appreciation

or to rest your head on anyone's

shoulder

for support

a life in which you depend on no one
emotionally so no one has the power to
make you happy or miserable anymore
you refuse to need any particular person
or to be special to anyone
or to tell any to call anyone your own
even the birds of the air have their
nests
and the foxes their holes
but you will have nowhere to rest your
head in your journey through life
if you ever get to this stage
you will at last know what it means to
see
with a vision
that is clear and unclouded by fear or
desire
every word there is measured
to see at last with a vision
that is clear and unclouded by fear
or by desire
and you will know what it means to love
but to come to the land of love
you must pass through the pains of death
for to love persons
means
to have died to the need for persons

and to be utterly alone

how would you ever get there

by a ceaseless awareness

by the infinite patience and compassion

that you would have for a drug addict

by developing a taste for the good

things of life

to counter the craving for your drug

what good things the love of work

which you enjoy doing for love of itself

the love of laughter

and intimacy with people

to whom you do not cling

and on whom you do not defend

emotionally

but whose company you enjoy

it will also help

if you undertake activities that you can

do with your whole being i just said

that

activities that you so love to do that

while you are engaged in them

success or recognition or approval

simply do not mean a thing to you

it will help too

if you return to nature

send the crowds away

go up into the mountains
and silently commune
with trees and flowers and animals and
birds
with sea and clouds and sky and stars
remember i told you yesterday
what a spiritual exercise it is
to gaze at things
to be aware of things around you
hopefully
the word will drop
the concept will drop and you will see
and you will make contact with reality
that is the cure for loneliness
generally we seek to cure our loneliness
through emotional dependence on people
and through gregariousness
and noise
that is no cure
get back to things
get back to nature
go up into the mountains
then you will know that your heart has
brought you into the vast desert
of solitude
there is no one there at your side
absolutely

no one

at first

this will seem unbearable

but it is only because you are

unaccustomed

to aloneness

but if you manage to stay there for a

while

the desert will suddenly blossom into

love

your heart will burst into song

and it will be springtime forever

it really

will

the drug is out

you're free

then you will understand my dears

what freedom is

what love is

what happiness is

what reality is

what truth is

what god is

you will see

you will know

beyond those concepts

beyond your conditioning

beyond your addictions and your
attachments

does that make sense

let me end this with a lovely story

there was a guy

who invented the art of making fire

so he took these stools with him and

went to a tribe up in the north where it

is very cold bitterly cold

and he taught the people how to make

fire

the people were interested and he showed

them the uses to which he could put you

could put fire to you could cook you

could keep yourself warm etc

my

they were so grateful

they learnt the art of making fire but

before they could express their

gratitude to the man he disappeared

he wasn't concerned about getting their

recognition or their gratitude he was

concerned about their well-being

and he went to another tribe

where again he began to show them the

value of his invention

and people were interested there too a

bit too interested
for the peace of mind of their priests
who began to notice
that this man was drawing the crowds
and they were losing their popularity
so they decided to make a way with him
which they did they poisoned him
they got rid of him
they stoned him they crucified him put
it any way you like
but they were afraid now
that the people might turn against them
so they were very wily you know what
they did they had a portrait made of the
man
and they mounted it upon the main altar
in the temple
and those instruments for making fire
were placed there in front of the
portrait and people were taught to
revere the portrait
and to pay reverence to those
instruments of fire which they dutifully
did for centuries
the veneration and the worship went on
but there was no fire
where's the fire

very religious where's the fire

where's the love

where's the drug uprooted from your

system where's the freedom

this

is what spirituality this is what

religion is all about

tragically we tend to lose sight of it

don't we

this is what jesus christ is all about

but then

we over emphasize the lord lord didn't

we where's the fire

and if worship isn't leading to the fire

if adoration isn't leading to love

if the liturgy isn't leading to clearer

perception of reality

if god isn't leading to life

of what uses it

except to create more divisions

more fanaticism

more antagonisms etc

and so awareness

it is not

from lack of religion in the ordinary

sense of the word that the world is

suffering and you know that

it is from lack of love

lack of awareness

and love is generated through awareness

no other way

no other way

when the heart is unobstructed

the result

is love when the mind is unobstructed

the result is wisdom

understand the obstruction

and it will drop

understand the obstacles you are putting

to the way of love and freedom and

happiness and they will drop turn on the

light of awareness

and the darkness will disappear

happiness is not something you acquire

love is not something that you produce

love is not something that you have

love is something that has you

you do not have the wind and the stars

and the rain

you don't possess these things

you surrender

and surrender occurs

when you are aware of your illusions

when you are aware of your addictions

when you are aware of your desires and
fears

and so i told you this morning first
psychological insight that's a great

help not as i will tell you at the end
of this lecture not analysis

analysis is paralysis

and i'll explain that to you

insight isn't necessarily analysis one

of your great american therapists put it

very well he said it is the aha

experience

merely analyzing me gives me no help it

just gives me information but if you

could produce the aha experience that's

insight that is change

then

the understanding of your addictions

you need time

allows

so

much time that is given to worship

and to singing praises

and to singing songs

could so fruitfully be employed

in self-understanding

community my dears

is not produced by joint liturgical
celebrations

you know deep down in your heart

and so do i that they only serve to

paper over differences

community is created

by understanding the blocks

that we put to community

by understanding the conflicts that

arise

from our fears and our desires

then community arises

we must always beware of making worship

yet another distraction

from the important business of living

and living doesn't mean working in the

foreign ministry as we call it in india

or working in government or being a big

businessman or doing great acts of

charity that isn't living

living is

to have dropped all the impediments

and to live in present moment freshness

look at the birds of the air

they do not toil and spin that is living

come alive you're dead

i began by saying people are asleep

people are dead

dead people

running governments

dead people doing big business

dead people educating others

come alive

now worship must help this

or else it's useless

and increasingly you know this and so do

i we we're losing the youth everywhere

they see this

they're not interested they're not

interested in having more fears and more

guilts laid on them

they're not interested in more sermons

and exhortations

but they are interested in how can i

love of course they are

how can i be happy

how can i live

how can i taste these marvelous things

that the mystics tell us

so that's the second thing understanding

third

don't identify somebody asked me as i

was coming up to the hall this afternoon

do you ever feel low

boy do i feel low i certainly do every
now and then i get my attacks of low
feelings but you know they don't last
they really don't

what do you do i told you i gave you a
four point program put it into action
and see the results it's miraculous
don't identify

here comes the low feeling all right
well no feeling low instead of getting
tense about it instead of getting
irritated with yourself about it
understand

i'm feeling depressed

i'm feeling disappointed or whatever
second step

the feeling is in me

not in the other guy

not in the person who didn't write me

that letter

not in it's not in the exterior world

it's in me

you know what that understanding alone

does for you try it out

it's miraculous

when i suddenly realize that it's in me

it's not outside because you know as

long as i think it's outside i feel
justified in holding on to my feeling
anybody would no no anybody wouldn't
feel this way only idiotic people feel
this way
only sleeping people do
third
don't identify
with the feeling
i is not that feeling
i am not lonely i am not depressed i am
not disappointed disappointment is there
one watches it you'd be amazed how
quickly it glides away
anything you're aware of keeps changing
the clouds keep moving
as you do this
you also get all kinds of lovely
insights into why they were coming there
in the first place
strange but true i'm a therapist you
know
you don't even need to keep delving into
your past
anymore you're able to cope with them
right here in the present
those feelings

another understanding so the i and the
me yet another thing that i would
recommend
and it is

that you would understand that most of
our evils arise
from violence to ourselves
self-dissatisfaction

i've got a lovely lovely quote for you
a few sentences that i would write in
letters of gold

that i picked up from this book
summerhill written by this guy neil
listen to this

uh

i must give you the background
you probably know

he was a man who was in education for 40
years he developed this kind of maverick
school

where he took in these boys and girls
and he just left them free that's all

you're free to do whatever you want you
want to learn to read and write fine you
don't want to learn to read and write
fine

you can do anything you want

with your life
provided you don't interfere with the
freedom of someone else
don't interfere in someone else's
freedom otherwise you're free he says
uh the worst ones were the ones who came
to me from convent schools these were in
the old days of course with the convent
schools
he said it took them about six months to
get over all the anger and the
resentment that they had repressed so
they'd be six months a rebelling
fighting the system he says the girl who
had the record
uh would take a cycle and for six months
would be cycling in town avoiding class
avoiding school avoiding everything once
they got over their rebellion everybody
wanted to learn everybody was protesting
why don't we have class today
everybody was interested but they would
take what they were interested in
they be transformed amazing
unbelievable incredible transform
parents were frightened to send their
children to this school in the beginning

because they said how could you bring
them up if you don't discipline them
and you got to teach them you got to
guide them you can't leave them free
etc etc oh you must read that book
it was it created a revolution in my
life summerhill a s neil

n e i l

i'm not sure if it's a double l now

that's a

n e i l l a s neil somehow paperback you
find it everywhere

now

what was the secret of his success he'd
be getting

so to speak the worst kind of kids the
kids that everybody had despaired off
and within six months they were all

transformed listen to what he says

extraordinary words holy words

that's a holy book

he says every child

has god in him

our attempts to mold the child

will turn the god into a devil

our attempts to mold the child

will turn the god into a devil

children come to my school little devils

hating the world

destructive

unmanly

lying

thieving

bad tempered

in six months

they are happy healthy children

who do no evil

these are amazing words coming from a

man

who has this school of his in britain

that is regularly inspected by people

coming from the ministry of education

and by any headmaster or headmistress or

anyone who cared to go there

amazing

well it was his charism

you don't do this kind of thing from a

blueprint you've got to be a special

kind of person

he says in some of his lectures

to head masters and headmistresses he

said come on in to summerhill and you'll

find that all the fruit trees are laden

with fruit nobody's taking the fruits

off the trees

no desire to attack authority

they're well fed

and they don't feel any desire to attack

authority there's no resentment and

anger come to summerhill and you'll

never find a handicapped child with a

nickname you know how cruel kids can be

when someone stammers he says you'll

never find anyone

needling a stammerer never there's no

violence in those kids

you know why no one's practicing

violence on them that's why

listen to these words of revelation

sacred words there's no violence in

those kids do you know why because no

one has practiced violence on them

that's why

you know something else

we have peoples in the world who are

like this no matter what your scholars

and priests tell you and your

theologians

there are and have been people

where there has been no quarrels no

jealousies no conflicts no wars no

enmities none

they exist in my country or i'm sad to

say they existed till relatively

recently

i've had friends of mine

jesuits go out to work live and work

among people who they assured me are

incapable of stealing or lying they

cannot

one sister said to me that when she went

to the north east of india to work among

some tribes there

uh then the misos

meghalaya in meghalaya up there in the

north east of india he said you know

when we first went there 40 years ago

the people would lock up nothing

nothing was ever locked up nothing was

ever stolen and they never told lies

until the indian government officials

and the missionaries showed up

she said both

that's important to understand we went

there to reform them to change them to

mold them

every child has a god in him our

attempts to mold the child will turn the

god into a devil

now you try to figure that one out why

would this be

you know there is that uh

i can't resist telling you this cameras

or no cameras

listen to this

there is that lovely italian film of

fellini i think eight and a half now i

haven't seen it but i read a book about

it and this guy describes a scene in

that scene there's a christian brother

who's going out for a picnic or an

excursion with a group of kids i guess

eight to ten year old kids boys

and uh they're on the beach and this

group of kids moves right on ahead

while the brother comes and brings up

the rear guard kind of with three or

four kids with him now these boys go on

ahead and they come across an old woman

who's a

and they say to her hi and she says hi

and they say who are you and she says

i'm a prostitute

they don't know what that is but they

pretend they do

then they ask one of the one of the guys
who seems a bit more knowing than the
others he says a prostitute is a woman
who does certain things
uh if you pay her
they say would she do those things if we
pay them he said yeah why not
so they make a little collection it
seems and they give her the money and
they say would you do uh certain things
now that we've given you the money she
says hi yeah sure kids what do you want
me to do now the only thing that occurs
to the kids is take your clothes off so
she does
well
look at that never seen it before
now they want to uh
they don't know what else to do they say
would you dance she said sure
so they all gather around and they're
singing and clapping and the old the old
is you know kind of moving her her
hind and so on and they're enjoying
themselves immensely now the brother
sees that
he comes staring down the beach he

breaks into the circle he yells at the
woman he gets her to put her clothes on
and the author says at that minute the
kids have been spoiled till then they
were innocent and beautiful
he spoiled them
i have a rather conservative
missionary
in india
a jesuit brother of mine
who well not a blood brother you
understand brother because jesuit
who came to a workshop of mine something
like this and i developed this theme
over two days
oh he suffered
he came to me at the end of the second
day at night and he said tony
i can't explain to you how much i'm
suffering
here listening to you i said why stan
he said you know
you're reviving within me
a question
that i've suppressed
for 25 years
it's a horrible question

and i said what is it

and he said

again and again i have asked myself

have i not spoiled my people by making

them christian

he is none of your liberals he isn't one

of your liberals by the way

he's an orthodox pious devout

conservative man

have i not spoiled them

by making them christians

they were a happy loving simple

guideless people

till i got there

you know the story of the american

missionaries who went to the the south

sea islands with their wives protestant

missioners they were horrified to see

these women coming bare breasted to

church and they insisted with their

husbands that the women should be more

decently dressed so then they gave them

shirts to wear

that to put shirts on

i i guess so they could give their own

hang-ups to the natives

well next sunday the women showed up

with their shirts and two big holes cut
out for comfort
oh yeah for greater comfort you
understand
ventilation it's like yes
they were all right it's the missionaries
who were all wrong
they were all right
you read that book papi your
papillon all right you know i wouldn't
have believed the word of what that man
was saying if i hadn't read studies in
certain tribes not all tribes
unfortunately lots of tribes are very
cruel and very inhuman but you do run
into places so that movie the gods must
be crazy
that's what i'm talking about
that's what i'm talking about something
like that
but what about progress they say to me
to which i reply progress what are you
talking about you're talking about jumbo
jets and putting people in space and
star wars you call that progress
progress is love progress idiot
heart progress

idiot that's what progress is did you

forget that

are we more loving that's progress

not have we created vehicles of greater

speed and precision that's not progress

so there it is

you know where oh my goodness i was i

was reading neil to you i'm so sorry i

got carried away

he says in six months they are happy

healthy children who do no evil these

kids are not tribals

they're coming from so-called civilized

society

whose parents were civilized barbarians

and they're the victims of these

barbarians and this barbaric society

which has imposed all kinds of things on

these poor kids

well

in six months they are happy healthy

children who do no evil and now get

ready for a shock

and i am no genius says neil

i am merely a man who refuses to guide

the steps

of children

how about that huh how about original

sin huh

how about the born evil huh

every child has a god in him

our attempts to mold the child

will turn the god into a devil

so i am no genius i am merely a man who

refuses to guide the steps of children i

let them form their own values

and the values are invariably good and

social can you believe that

when a kid feels loved which means

when a kid feels you're on his side

you're on her side

she's okay

the kid doesn't experience any violence

anymore

no fear

so no violence

loving

the kid begins to treat others the way

he or she has been treated

understandably you've got to read that

book

you can make your bible meditations on

that

it's a holy book it really is read it

it

revolutionized my life it revolutionized

my dealings with people and the miracles

i began to see it revolutionized my

dealings with me

i began to understand

all the self-dissatisfaction

that had been ingrained into me

the competition the comparison the go on

you've got to improve that's not enough

etc etc etc

and you mean if they hadn't pushed me i

wouldn't have been what i am did i need

all that pushing

and anyway who wants to be what i am i

want to be happy i want to be holy i

want to be loving i want to be at peace

i want to be free

i want to be human

all right and then he adds

the religion that makes

people good

also makes people bad

but the religion known as freedom

makes all people good for the for it

destroys the conflict

that makes people bad the self-conflict

the religion known as freedom
makes them all good
for it destroys that self-conflict
that makes them bad do you know where
wars come from
they come from self-conflict
we're projecting outside of us the
conflict that is inside
show me an individual in whom there is
no inner self conflict and i'll show you
an individual in whom there is no
violence there'll be effective action
there'll be hard action
there is no hatred
there's only understanding
when he or she acts they act as the
surgeon acts
when he or she acts they act as a loving
teacher act with mentally
people or children or whatever
you don't blame them
you understand but you swing into action
but when you swing into action with your
own hatreds and your own violence well
you've compounded the error you're
trying to put fire out with more fire
you're trying to deal with a flood by

adding water to it

so

every child has a god in him

our attempts to mold the child will turn

the god into a devil

children come to my school little devils

hating the world destructive unmanly

lying feeding bad tempered in six months

they are happy healthy children who do

no evil

and i am no genius i am merely a man who

refuses to guide the steps of children i

let them form their own values

and the values are invariably good and

social

the religion that makes people good

makes people bad but the religion known

as freedom

makes all people good for it destroys

the inner conflict

i've added the word enough that makes

people devils

here's a

he has a horrible statement he says the

first thing i do when a child comes to

summerhill is destroy its conscience

would you believe that

the first thing i do when a child comes

to summerhill is destroy its conscience

you know what he's talking about

he's talking about

at least i assume he's talking about it

because i know what he's talking about

you don't need conscience when you get

consciousness you don't need conscience

when you have sensitivity you don't need

a conscience

you're not violent you're not fearful

now you think this must be an

unattainable ideal

well

read that book

and i have run into an individual here

or two here or there

who suddenly stumbles upon this and

knows

so that's one more thing you must

understand the root of the evil within

you as you begin to understand this you

stop making demands on yourself you stop

making

having expectations of yourself you stop

pushing yourself and you understand

gee that would take us 20 days to

comment on

but you've got the kernel you've got the

seed you can develop it there's one last

thing i have to say and it is this you

know connected with change through

awareness the last thing is what i

insinuated

in that meditation that i read to you

and it is this

nourish yourself on wholesome food

good wholesome food and i'm not talking

about physical food

i'm talking about sunsets

about nature

about a good movie about a good book

about enjoyable work about good company

and hopefully you will break your

addiction

to those other feelings

just think what kind of feeling comes

upon you when you're in touch with

nature

or when you're absorbed in your work

that you love

or when you're really conversing with

someone whose company you enjoy in

openness and intimacy without clinging

what kind of feelings do you have
compare those feelings with the feelings
that come when you win an argument or
you won a race
or you become popular
or everybody's applauding you a
different type of feelings
those feelings i call
worldly feelings
the other feelings i call
soul feelings
lots of people
gain the world and lose their soul
lots of people live empty soulless lives
because they're feeding themselves on
popularity on appreciation on praise on
i'm okay you're okay on look at me
attend to me support me value me on
being the boss on having power on
winning the race you feed yourself on
that you're dead
you've lost your soul
feed yourself on other more nourishing
material
then you'll see the transformation
given your whole program for life
haven't they

you

this series of conferences was recorded

live during a prayer workshop given by

father anthony demello in 1986

at fordham university in new york

this was only one year before his sudden

death on june 2nd 1987

until that time father demelo was the

director of the sadness institute of

pastoral counseling near puna india

since 1979 he had become internationally

recognized for his best-selling books

and guided prayer cassettes

sadhana a way to god

wellsprings the song of the bird

one minute wisdom

and taking flight

many people consider these books and

tapes

the best sources available today for

christians on how to pray

meditate and contemplate

anyone who has attended one of father

demelo's conferences

knows that he never allowed his talks to

be tape recorded

this series was an exception

all the talks were videotaped by a
professional television company
however due to technical difficulties
the video portion of the tapes did not
turn out to be of adequate quality for
commercial duplication
fortunately the audio portion for the
most part was able to be used
most of the flaws on these audio
recordings have been eliminated by
careful editing
but there was some background noise
coming from one of the videotapes which
could not be completely edited out
nevertheless all the tapes are clearly
audible and perfectly intelligible
and most of them are of excellent voice
quality
it was always the aim of father demelo
simply to teach people how to pray
how to wake up and live
you're not fully alive if you're asleep
he would say
you have to open your eyes to see what's
around you
you have to wake up to be aware of
what's going on inside you

for him

being awake meant to be aware

to be aware of yourself

and of the world around you

open your eyes and see what is real

inside and outside you

wake up and live

on these cassettes you'll hear tony

demelo at his best

just being himself in front of a live

audience

challenging

charming

completely spontaneous

it is a great blessing that at least one

conference of this superbly gifted and

eloquent speaker

has been preserved for posterity

spirituality

means waking up

most

people

even though they don't know it

are asleep

they're born asleep

they live asleep

they marry

in their sleep

they breed children in their sleep

and they die in their sleep without ever

waking up

they never understand

the loveliness

and the beauty

of this thing that we call

human

existence you know

all mystics

catholic

christian

non-christian they're all unanimous no

matter what their theology no matter

what their religion they're all

unanimous on one thing

and that one thing is

all is well

all is well

everything's in a mess

and all is well

strange paradox

but tragically most people never get to

see that

they never get to see

that all is well

because they're asleep

they're in a nightmare

you know talking about sleeping reminds

me last year on spanish television i saw

a nice little story there's this elderly

gentleman who knocks at the door

of his son who's fast asleep he says

jaime

wake up

and jaime says i don't want to get up

papa

and the old man says get up you've got

to go to school

and jaime says i don't want to go to

school

why not says the old man because

first it's so dull

second

the kids all tease me

and third i hate school

so the old man says i'm going to give

you three reasons why you must go to

school

first

because it is your duty

second

because you're 45 years old

and third because you're the headmaster

wake up wake up

[Laughter]

you're grown up

you're too big to be asleep wake up stop

playing with your toys

most people tell you that they want to

get out of kindergarten but don't

believe them

don't believe them

all they want for you to do

is to mend their broken

toys

give me back my wife

give me back my job

give me back my money

give me back

my reputation

my success this is what they want they

want their toys repaired

that's all

now even the best psychologists will

tell you that they'll tell you people

don't really want to be cured

what they want is relief

a cure

is painful

waking up is unpleasant you know

you're nice and comfortable in bed

and at least as long as you're asleep

it's irritating to be woken up

that's the reason why i told you the

wise guru

will not

attempt

to wake

people up

i hope i'm going to be wise these days

and make no attempt whatsoever to wake

you up if you're asleep

none of my business

my business is to do my thing to dance

my dance

if you profit from it

fine

if you don't

too bad

as the arabs say

the nature of the rain is the same

but it grows thorns in the marshes and

flowers in the garden

you think i'm going to help anybody oh

no no no no

i don't expect to be able to be of help

to anyone

and i don't expect to do damage to

anyone if you're damaged

you did it

and if you're helped

you did it you really did

we'll come to that later when i

challenge your beliefs

you think people help you they don't

you think people support you they don't

i had an interesting example of a woman

in a therapy group

she was a sister she was a religious

and she said to me you know i don't feel

supported by my superiors

listen to this one now

and i said what do you mean by that

and she said well look at my superior

the provincial superior she never shows

up at this navishit where i am she never

shows up never says a word of

appreciation

so i said to her all right let's do this

i know your provincial superior let's do

a little role-playing i know exactly

what she thinks about you how would that

be and she said fine all right so i said

you know mary acting the part of the
provincial superior now i said you know
mary

the reason why i don't come to that
place you're in is that's the one place
in the province that's trouble free
no problems

i know you're in charge so all is well
how do you feel now

and mary said i feel great i said all
right now would you leave the room for a
minute or two

this is part of the exercise so she did
when she now when she was away i said to
the group i'm still sister mary jane the
provincial okay

uh mary out there

is the worst novice directorist we've
had in the whole history of the province

in fact i don't go to the navishit

because i can't bear to see what she's

up to oh it's awful

and if i tell her the truth she's only

going to make those novices suffer all

the more we're getting somebody to take

a place within a year or two we're

training someone so in the meantime i i

sort of say these nice words to her and
keep her going what do you think of that
they said well it's the only thing you
can do

all right come on in mary so mary comes
in

how do you feel she says i feel great
you feel supported by your superior yeah
i feel supported

question

who was supporting mary

god she says

oh god why did she drag him in now

that's good that's good that's right all
right

so poor mary

there it was she thought she was being
supported

you think you're in love with somebody

well i got news for you

you're never in love with anyone you're

only in love

with your prejudiced

and hopeful

idea

of that person

want a minute to think about that

you're never in love with anyone

you're in love

with your prejudiced idea of that person

with your hopeful idea

of that person are you really in love

with the person

well

how come you fell out of love

your idea changed isn't it

how could you have let me down when i

trusted you so much did you really trust

me

you never trust anyone come off it

that's part of the brainwashing

of your society and mine

we never trust anyone

you're only trusting your judgment about

that person so what are you complaining

about

you don't like to say

my judgment was lousy that's not very uh

flattering to you is it

so you prefer to say how could you have

let me down

so there it is

people don't really want to grow up

people don't really want

to change

people don't

really want

to be happy

as someone has said so wisely

don't try to make them happy

you'd only get into trouble

like the guy who gets into a bar

uh sits down

and he sees this fellow with a banana in

his ear

a banana in his ear

and he says

i wonder if i should tell him that

and he thought

none of my business

and he thought

maybe i ought to tell him

so after he'd had a drink or two he says

excuse me

uh you got a banana in your ear

so the guy said what

he says you got a banana in your ear

what was that

you got a banana in your ear he said

talk louder i got a banana in my ear

[Laughter]

it's useless give up give up give up

say your thing

and get out of here

and if they profit that's fine and if

they don't too bad

so now the first thing

i want you to understand

if you really want to wake up

is

that you don't want to wake up

the first step

to understanding or to waking up

is to be honest enough to admit to

yourself

that you don't like it

you don't want to be happy you want a

little test

let's try it it'll take you exactly one

minute you could close your eyes while

you're doing this little exercise you

could keep it keep your eyes open it

doesn't really matter but listen to this

think of someone you

so-called love

very much

someone you're close to

someone who is precious to you

and say

i'd rather have happiness

than have you

and see what happens

i'd rather be happy

than have you

if i had a

choice no question about it

i choose happiness

how many people felt selfish when they

said this would you raise your hands

isn't that wonderful

see how we've been brainwashed

see how we've been brainwashed into

thinking how could you be so selfish

look who's being selfish

just imagine somebody says

how could you be so selfish that you

choose happiness over me

who's being selfish now

how could you be so selfish that you

would demand that i choose you

above my happiness

when i was a child in the eighth grade a

judgment cousin of my mother david

treyori at the jehu church in milwaukee

and he opened each of the conferences

with this word for the test of love is

sacrifice and the gauge of love is

unselfishness so i think you should love

somebody that's marvelous

she speaks about the jesuit who says

the test of love

is sacrifice

and the gauge of love

is

selflessness

unselfishness

but now tell me

would you want me to love you

at the cost of my happiness

yes

she said yes

isn't that delightful you're great

you're tremendous you're tremendous

now

what's your name

okay claire now wouldn't that be

wonderful

that you would love me at the cost of

your happiness and i would love you at

the cost of my happiness and you got two

unhappy people but long live love

i think it would make me happy

but you're not sure you're not sure

you're tremendous

you're tremendous

and as for selflessness

my we'll come to that let's let's wait

till we talk explicitly about love shall

we

we'll we'll talk about that

what does it mean to be selfless really

are we ever really selfless

is there a single action we do

that isn't tinged

right through

with selfishness

self-seeking

oh we'll come to that when we talk about

love you'll have to be patient

what was i saying

we were saying

we don't

want

to be happy

we want other things

or let's put it more accurately

we don't want to be unconditionally

happy

and ready to be happy provided

i have this and that and the other and

you know what we're really saying

we're saying

you are my happiness

to our friend

or to our god

or to anything

you are my happiness if i don't get you

i refuse to be happy

and it's so important

to understand that

yes

give me your name

jenny yes jenny

all right that's uh pretty well put

wouldn't it rather be

that we cannot imagine being happy

without all those things

that's pretty accurate jenny yes

and that's the reason why we don't want

it because we cannot conceive

of the fact

that we would be happy

without all of those things

we've placed our happiness we've been

taught to place

our happiness

in all of those things
so that's the first thing we need to do
if we want to come awake
which is the same thing as saying
if we want
to love
if we want
freedom
if we want
joy
and peace
and spirituality
in that sense spirituality
is the most practical thing
in the whole wide world
i challenge anyone
to think of anything more practical
than spirituality as i have defined it
not piety not devotion not religion not
worship spirituality waking up
wake up
look at the heart ache everywhere
look at the loneliness
look at the fear
the confusions
the conflicts in the hearts of people
inner conflict outer conflict

suppose somebody gave you a way of
getting rid of all of that

suppose somebody gave you a way of
stopping that tremendous drainage of
energy

of health

of the emotions that come from these
conflicts and confusions

would you want that

suppose somebody showed us a way where

we would truly love one another

and be at peace at last can you think of

anything more practical than that

but here you have people thinking that

big business is more practical or

politics is more practical or science is

more practical what's the earthly use of

the earthly use of putting a man in the

moon when we cannot live on the earth

this psychology more practical nothing

is so practical is this what can the

poor psychologist do he can only relieve

the pressure

i'm a psychologist myself and i practice

psychotherapy but you know i have this

great conflict within me

when i have to choose sometimes between

psychology and spirituality

i wonder if that makes sense to anybody

here

it didn't for many years all right i'll

explain that

i'll explain that you know it didn't

make sense to me for many years until i

suddenly discovered

that people have to suffer enough

emotionally before they're ready to wake

up

and what i was doing as a

psychotherapist was

easing the suffering

people have to suffer enough in a

relationship

that they'd get disillusioned with all

relationships isn't that a terrible

thing to say

they've got to suffer enough in a

relationship before they wake up and say

i'm sick of it

there must be another way of living than

depending on another human being

and what was i doing as a

psychotherapist they were coming to me

with their relationship problems with

their communication problems etc and
sometimes that was a help and sometimes
i'm sorry to say it wasn't because it
kept them asleep
maybe they should suffer a little more
maybe they ought to touch rock bottom
before they say i'm sick of it all
it's only when you're sick of your
sickness
that you'll get out of it
most people
uh
well they they go to a psychiatrist or a
psychologist
to get relief
to get relief
you know the story of little johnny who
was mentored
they said he was mentally the
poor kid
uh
but he evidently wasn't as you learn
from the story i'm going to tell you
because he goes to modeling class
in the school for special children and
he gets uh plasticine and he's modeling
it

he takes his little lump of plasticine
and goes to a corner of the room and he
he's playing with it so the teacher goes
up to him and says hi johnny
johnny says hi
and she says what's that you got in your
hand
he says this is a
lump of cow dung
she says what are you making out of it
he says i'm making a teacher
so teacher thought little johnny has
regressed she saw that she saw the
principal passing by in the corridor and
she said johnny's regressed so the
principal goes up to him and says hi son
and johnny says hi
he says what have we got in your hand he
says a lump of cow dung
so what are you making out of it and he
says
a principle
well the principal said this is the case
for the school psychologist sent to the
psychologist the psychologist was a
clever guy he goes up he says hi
johnny says hi

he says i know what you got in your hand

what

a lump of cow dung

he says right

and i know what you're making out of it

what

you're making a psychologist

no not enough cow dog

that's difficult

for sleeping people

jesus

proclaimed the good news

he was rejected

not because it was good

he was rejected

because it was new

we hate the new

we hate it

and the sooner we face up to that fact

the better

we don't want new things

particularly when they're disturbing

particularly they involve change

particularly if it involves

saying

i was wrong

i remember meeting an 87 year old jesuit

in spain

had been my professor and rector in

india

oh 30 years ago

and he attended a workshop like this he

said to me

i should have heard you about 60 years

ago

you know something

i've been wrong all my life

god

to listen to that

is like

looking at one of the wonders of the

world

that

ladies and gentlemen is faith

and openness to the truth no matter what

the consequences

matter where it comes from

no matter where it leads you you don't

even know where it's leading you that's

faith

not belief

faith your beliefs give you a lot of

security don't they

faith is insecurity you don't know

you're ready to follow

and you're open

you're wide open you're ready to listen

and mind you being open does not mean

being gullible

it doesn't mean swallowing whatever the

speaker is saying oh no no no you've got

to challenge everything i'm saying

but challenge it from an attitude of

openness

openness and challenge it all

those lovely words of buddha

when he said

monks and scholars

must listen to my words

not out of respect

but they must analyze them

the way the goldsmith analyzes gold

by cutting

rubbing

melting

testing

monks and scholars

must not accept my words out of respect

but they must analyze them

the way a goldsmith analyzes gold

rubbing

cutting

melting that's the way to do it

challenging

testing

then you're listening

then you've taken another major step

towards

awakening

the first step i said was a readiness to

admit

that you don't want to wake up

you don't want to be happy there are all

kinds of resistances within you to that

the second step

a readiness to understand

to listen

to challenge your whole belief system

not just your religious beliefs

your political beliefs your social

beliefs your psychological beliefs

all of them

a readiness

to reappraise them all

i'll give you plenty of opportunity to

do that here

let's try

a little discussion so that you know

you're just not subjected to a full hour
of listening to a lecture let me give
you an example of what i mean
when i tell you you must be ready to
examine

your belief system how about this
what you call charity
what people ordinarily call charity
is self-interest
masquerading under
the form of altruism

you mean

all charity

yes sir

or madam

as the case may be

like that chinese student who was

learning english and they said to him

would you like a cup of tea and he said

yes sir or madam as the case may be

so uh

yes sir

even

your most selfless acts are really

selfishness

masquerading under the form of altruism

how about you discussing that for two or

three minutes with somebody next to you

then uh

i'll tell you what i think about it

this is the end of the first tape

there are times

when psychotherapy

is a tremendous help because you know

when you come to that point where you're

about to get insane

raving mad you're about to become either

a psychotic or a mystic

because that's what the mystic is

you know one sign that you've woken up

you're asking yourself am i crazy or all

of them

really is

because they're crazy

the whole world is crazy

they're living on crazy ideas about love

about relationships about happiness

about joy

about everything they're crazy

to the point that i've come to believe

that if everybody's saying something you

can be sure it's wrong

sure

every new idea

every great idea
when it first began
was in a minority of one
that guy called jesus christ minority of
one
everybody was saying something different
buddha minority of one
everyone was saying something different
in fact it's even worse
i think it was bertrand russell who said
every great idea
starts out
as a blasphemy
that's well and accurately put
you're going to hear lots of blasphemies
during these days
he hath blasphemed
because they're crazy
the lunatics
and the sooner you see this the better
for your mental and spiritual health
don't trust them
don't trust your best friends get
disillusioned with your best
friends
they're very clever as you are
when you're dealing with everybody so

you probably don't know it oh you're so
wily and subtle and clever
you're putting on a great act and not
being very complementary am i but you
want to wake up
you're putting on a great act aren't you
and you don't even know it you think
you're being so loving haha whom are you
loving
even
when you go in for self-sacrifice as
claire was telling us a little while ago
gives you a good feeling doesn't it me
i'm sacrificing myself
i'm living up to my ideal boy you're
getting something out of it aren't you
you're always getting something out of
everything you do until you wake up
so there it is
step one
realize
that you don't want to wake up
it's pretty difficult to wake up when
you have been hypnotized into thinking
as i said to you before
that a scrap of old newspaper
is a check for a million dollars you're

hypnotized

how difficult it is to tear yourself

away

from that scrap of newspaper that's when

renunciation comes in anytime you're

practicing renunciation you're deluded

how about that now

you're deluded

what you're renouncing

anytime you renounce

something

you're tied forever to the thing you

renounce

there's a guru in india he says every

time

cute comes to me

she's talking about nothing but god she

says i'm sick of this life i'm living i

want god

he says every time a priest comes to me

he's talking about nothing but sex

he's full of sex

like the american tourists they tell me

who who's shown the i feel tower in

paris

and he sighs he says it's beautiful

reminds me of sex

after a while the guide was intrigued
said excuse me sir
why did the i feel tower remind you of
sex he said everything reminds me of sex
tied to it forever
as long as you're fighting it
a you're giving it power
you give it as much power as you are
using to fight it
you must receive your demons
because when you fight them
you empower them but nobody ever told
you this
and when you renounce something
you're tied to it the only way to get
out of this is to see through it don't
pronounce it see through it
understand its true value you won't need
to renounce it it'll just drop
but of course if you don't see that if
you're hypnotized as i told you
you've been hypnotized into thinking
that you won't be happy as jenny there
was saying into thinking that you won't
be happy without this or that or the
other so you're stuck
what we need to do for you

is not
what so-called spirituality is
attempting to do
to get you to make sacrifices
to get you to renounce things that's
useless you're still sleeping
what we need to do for you
is to help you
to understand
understand
understand if you understood
you drop it
which is another way of saying if you
woke up
you drop it
how does one wake up
well i told you some people some of us
get woken up
by the harsh realities of life
suffer so much we wake up
most people keep bumping again and again
into life
but they still go on sleepwalking they
never wake up
tragically
it never occurs to them that there may
be

another way

it never occurs to them

that there may be

a better way

now

if you haven't been

bumped sufficiently by life one woman

saying to her husband what good is a

bumper for if you don't bump something

occasionally with it it says bump you

gotta get bumped so you don't get bumped

sufficiently by life

and you don't suffer enough then there

is another way

a to listen

if you are ready to listen

during these days not to agree with what

i'm saying that wouldn't be listening

and believe me it really doesn't matter

you're going to find this hard to

understand but it really doesn't matter

whether you agree with what i'm saying

or you don't

because as i shall explain to you later

agreement

and disagreement

has to do with words

and concepts

and theories

it doesn't have anything to do with

truth

truth is never expressed in words

truth is cited

suddenly

as a result of a certain attitude

and you could be disagreeing with me

and you might cite the truth

but it has to be an attitude of openness

of willingness to discover

something new

that's important not your agreeing with

me or disagreeing with me

after all most of what i'm giving you is

really theories

no theory adequately covers reality

now all i can tell you is not the truth

but the obstacles to the truth

those i can describe i cannot describe

the truth no one can

all i can give you is a description of

your falsehoods

so that you can drop them

all i can do for you is to challenge

your beliefs and your belief system

that makes you unhappy

to point out your errors all i can do

for you is help you to unlearn

that's what learning is all about

where spirituality is concerned

unlearning

unlearning almost everything you've been

taught

a willingness to unlearn

so so listen

are you listening as most people do

in order to find something that would

confirm what they already think

observe your reactions as i talk

frequently

you'll be startled

or shocked

or scandalized

or irritated or annoyed

or

or you'd be saying yay great

hey

are you listening for what will confirm

what you already think

or are you listening in order to

discover something new that's important

this is the second tape of the new york

conference's wake up to life

by father anthony demelo

okay let's let's simplify it let's make

it

as simple as possible how would this be

uh

the two types let's

make it as

blunt and extreme as possible to begin

with

the two types of selfishness

the first type

is the one

where

i

give myself the pleasure

of pleasing myself

that's what we generally call

self-centeredness

the second one

is

when i give myself the pleasure of

pleasing others

how would that be

more refined kind of selfishness huh

yes

very hidden that's right and so more

dangerous

because then we get to feel

we're really great but maybe we're not

all that great but somebody else is

protesting here that's great

go ahead yes

the rectory and yes several hours of my

time but i really know that i'm doing it

out of a selfish reason because i need

to be needed and i also need to be

you know needed in a way that

uh makes me feel like i'm contributing

to the world a little bit

but the other thing is they also need me

them to do this work so it's kind of

like a two-way street give me your name

you're almost enlightened

we gotta learn from this lady what did

you say your name was

julia julia that's right

that's right she's saying i give

something i get something

i go out to help

i give something

i get something that's beautiful

that's true

that's real

that isn't charity

that's enlightened self-interest

yes

too

yesterday and tony i'd like to

have you put two things together

one the gospel of jesus

he is the gospel of ultimate

self-interest

the achievement of eternal life

by acts of charity

i'm blessed with my father when i was

hungry you gave me to eat so much

so therefore the gospel of jesus is a

gospel of ultimate self-interest

achieved through acts of charity

perfect

confirmation of what they said

when we look at jesus himself was not

the performance of acts of charity by

jesus

act of ultimate self-interest

in other words to win

souls for eternal life

so that

isn't the whole

trust and meaning of life

the achievement of ultimate

self-interest by accident

all right

that's

that's a tough one isn't it

but now you see

joe there's cheating a bit because he

brought religion into this

but it's it's legitimate it's valid now

how would it be if i deal with the

gospels with the bible with jesus at the

end joe towards the end of this workshop

but i will say this much to complicate

it even more

you know i was hungry and you gave me to

eat

i was thirsty and you gave me the drink

when did we do it we didn't know it

unself-conscious

so i sometimes have

a horrid fantasy

where the king is saying i was hungry

and you gave me to eat and the people on

the right say

that's right lord we we know i wasn't

talking to you

it doesn't fit into the script

you're not supposed to have known

isn't that interesting

you know your inner pleasure while

you're doing it ah

that's right it's like like julia there

she says

what's so great about what i did

i did something i got something

i had no notion i was doing anything

good

my left hand had no idea what my right

hand was doing

you know

a good

is never so good

as when you have no awareness

that you're doing good

you are never so good as when you have

no consciousness that you're good

or as the great sufis would say

a saint is one

until he or she

knows it

unself-conscious

unself-conscious

or i guess it's a comment really on

eternal life

let's bring it down away from religion
for a minute this pleasure that you
receive in giving isn't that eternal
life right now oh i wouldn't know i call
pleasure pleasure
you know it's a but
for the time being till we get into
religion maybe for the
the religionists among you
uh we get into religion towards the end
okay
but i want you to understand something
right at the beginning that religion is
not
repeat not
necessarily
connected with spirituality does that
make sense to you yes my you're you're
tremendous you know
you're tremendous yes thank you please
keep religion out of this all right i
will
for the time being
somebody had his hand up there
uh yes
and everything we do
has about six seven ten mixed motives in

it and i think i hear you saying it
would be good if we stand back and try
to figure out what some of the less
worthy motives are the less worthy
motives all right did you hear that
she says everything we do have about six
seven ten motives to it we could if we
step back and saw the less worthy ones
the less worthy ones are awful
and the worthy ones are
selfish
but we'll keep that between the two of
us okay we won't tell anyone
we won't tell anyone yes
who jumps on a
grenade pulls on it too
to keep it from exploring all right how
about the soldier who jumps on a grenade
and uh
you know sort of gets killed to keep it
from exploding on others
you read about that guy
who got into a truck
a truck full of dynamite and drove into
the american camp in beirut a couple of
years ago how about that guy greater
love than this no one has but the

americans don't think so
that's right he did it deliberately he
was terrible wasn't he
but he wouldn't think so i assure you of
that
he thought he was going to heaven that's
right just like your soldier
no but i think the other is unconscious
you do it reflexively
all right yes you know uh
i'm not excluding
an
act where there is no self
where you awake
and what you do is done through you
your deed
becomes a happening
oh i'll have to explain that as we go
along let it be done unto me
i'm not excluding that
but when you do it
i'm searching for the selfishness
even if it is only i'll be remembered as
a great hero
or i'd never be able to live
if i didn't do this
i'd never be able to live with the

thought that i ran away

remember i'm not excluding the other

i didn't say

did i

that there never is an act

where there is no self

maybe there is we'll have to explore

that

mother's saving

her

child

got it

how come she's not saving

the neighbor's child

hers

a soldier dying for

his country

you know lots of those deaths bothering

me

are the result of brainwashing

lots of martyrs oh my i'm on television

i must remember this i'm on a screen but

lots of martyrs but we got control over

all of that so nobody's gonna

we're brainwashed

muslim martyrs hindu martyrs buddhist

martyrs christian martyrs brainwashed

you got an idea in their head

gotta die

it's a great thing you gotta do it they

feel nothing they go right in

not all of them

so you'd better listen to me properly i

didn't say all of them

but i wouldn't exclude the possibility

lots of communists get brainwashed now

you're ready to believe that one huh

they're brainwashed they're ready to die

i sometimes say the process

that we use

for making a saint francis xavier

could be exactly the same process used

for producing the terrorist no

difference in the process

there needn't be

you could get a man who gets into a

30-day retreat

and comes out all aflame

with the love of christ

and without the slightest bit of

self-awareness

none

he could be one

big

pain

[Laughter]

well i'm glad to see you fill in the

blanks

and quite unaware of it

he thinks he's a great thing

without meaning to slander old francis

xavier who probably was a great saint he

was a difficult man to live with you

know

and he was a lousy superior

he really was you want to do your

historical investigations

ignatius was always having to step in to

undo the harm that this good man was

doing in his intolerance

you need to be pretty intolerant to

achieve

that kind of feat

[Music]

go go go go go no no matter how many

corpses fall by the wayside

and uh

some critics of francis xavier claim

exactly that he was dismissing men from

our society

quite blightly

they'd appeal to his saint ignatius
who'd say come on to rome we'll talk
about it and he was surreptitiously
getting them in again
how much self-awareness was there
uh who are we to judge we don't know
i'm only talking about the possibility
yes
now i'm saying that ordinarily
everything we do
is
in our self-interest
everything
you're doing something for the love of
anybody
in your self-interest
or we'll have to explain that
tell me something you did or someone
could do for the love of christ
i'm so happy to hear that i really am
i'll tell you why
yes sometimes it does and that's the
worst kind of charity
because there are some people and thank
god you're not in their number
who do
things so that they won't have a bad

feeling

and they call that charity

they're guilty

that isn't love

now thank god you're doing things for

people

and it's pleasurable wonderful

you're a healthy individual

self-interested

healthily

oh okay that's all right but keep an

open mind keep an open mind

all right

your mind has to be open to you because

i disagree with you

that's wonderful

oh that's wonderful

saint um i like a quote that he oh that

i read that he said and it says nothing

is as strong as gentleness and nothing

is as gentle as real strength and then

here you talk about it say friend

i just said somewhere in his life you

must have this conversion or

transformation or become awake that he

could make that do you think everything

we say we practice

yes

we were in germany for seven years after
the war my husband was chief of catholic
affairs for the american state
department if you can imagine having one
uh that children were eating out of our
garbage pail you see and we did all that
we could to take care of it in fact my
husband said you're taking care of all
the german children but your own are
orphans and there was a bit of truth in
that but the lutheran minister went into
a huddle with his children and they
decided not to have christmas gifts but
to give to the poor i met a bachelor on
the american bus he had this
he had decided to give 50
and then when i looked at the ships and
ships and ships that our country was
sending over to feed our enemy the
germans i was so darn proud of us that i
could have stood up in some
star spangled band but it and then when
when the russians started that blockade
of berlin we said them by air and it was
a miracle this thing and it was a
miracle well well i don't know i think

claire

i'm not going to disillusion you

got very good ideas about foreign aid

i'll leave you with them

i don't know one government in the whole

world that is selfless

not one never has been

you might find individuals but

governments oh oh

uh

let's end this and give you a bit of a

break now listen let me let me summarize

what i was saying

about what we call

selfless charity

uh

i said there are two types of

selfishness maybe i should have said

three

first

when

i do something

or rather

when i give myself the pleasure of

pleasing

me second

when i give myself the pleasure

of pleasing

others

don't take pride in that now don't think

you're a great guy you're a very

ordinary guy

but you got refined taste

your taste is good

not the quality of your spirituality or

anything of that sort you know when you

were a kid you liked coca-cola now

you've grown older and you appreciate

chilled beer on a hot day you've got

better taste when you were a kid you

love chocolates now you're older you

enjoy a symphony you enjoy a poem ah you

got better tastes

but you're getting your pleasure all the

same

all right and then you've got the third

type which is the worst

when you do something

so that you won't get a bad feeling

doesn't give doesn't give you a good

feeling to do it gives you a bad feeling

to do it

you hate it

you're making sacrifices you're

grumbling you're complaining

you think we don't do things that give

us a bad feeling ha

how little you know of yourself if you

think that you don't do things

if i had a dollar for every time i did

things that gave me a bad feeling i'd be

a millionaire by now

you know

uh could i meet you tonight father

yeah yeah come on in i don't want to

meet him

i hate meeting him i want to watch that

tv show tonight but how do i say no to

him i haven't got the guts to say no

because

come on in

and i'm thinking oh god i've got to put

up with this pain tonight when i be

it doesn't give me a good feeling

doesn't give me a good feeling to meet

him

it doesn't give me a good feeling to say

no to him so i choose the lesser of the

two evils

and i say okay come on in

say how are you and somebody said boy

i'm going to be happy when this thing
gets over so i'll be able to take my
smile off

how are you

i'm wonderful

and so he goes on and on and on he says

you know i love that workshop of yours

i'm thinking oh god have you come to

tell me what you could have uh and he go

when he when is he going to come to the

point and finally he comes to the point

and then i indirectly slam him against

the wall i say well any fool could solve

that kind of thing you know sent him out

got rid of him

the next morning at breakfast he says

you know i'm guilty already i i i was a

bit rude and

i go up to him and say how's life

how's life he says pretty good you know

what you said did help me last night

could i meet you today after lunch oh

god

yeah come on in oh god

any priest who hasn't done this i'm

ready to canonize it only you'll have to

wait till i become pope which i'm hoping

to be someday i really am

yes

see

that's the worst kind of charity

where you're doing things so you won't

get a bad feeling you're guilty you've

got no guts

you don't have the guts to say no i want

to be left alone

sorry what kind of a priest are you

come on in

see the selfishness i want him to think

i'm a good priest

i don't like hurting people get off it i

don't believe you i don't believe anyone

who says that he or she does not like

hurting people we love to hurt people

especially some people

we love it and when somebody else is

doing the hurting we rejoice but we

don't want to do the hurting because

we'll get hurt

ah there it is

you will have a bad opinion of me you

won't like me you'll talk against me i

don't like that so i don't want to hurt

you

my that's a large dose of truth for one
morning

all righty tell you what i'm going to
give you a 15 minute break where you can
loiter around and then we'll come back i
have one favor i'll be sitting in that
corner out there

would you please leave me alone

life is a banquet

and the tragedy is that most people are
starving to death

see that's what i'm really talking about

it's a nice story of uh

some people on a raft

off the coast of brazil

who were perishing from thirst and they

had no idea

that the water they were floating on was

fresh water see the river was coming out

into the sea with such force that it

went on for a couple of miles they had

fresh water right there

there's no idea of it

so it's like

we're surrounded with joy with happiness

with love

and most people have no idea

whatsoever of this

reason they're brainwashed

reason they're hypnotized

they're asleep

imagine a stage magician who hypnotizes

someone

and this person is seeing what isn't

there

and not seeing what is there

that's what it's all about repent

and accept the good news

repent wake up

not weep for your sins

but you're going to do weeping for your

sins

which you committed in the first place

because you were asleep anyway

are you going to cry

because of what you did

in your hypnotized state

why do you want to identify with that

guy wake up wake up repent put on a new

mind take on a new way of looking at

things

for the kingdom is here

it's the rare christian who takes that

seriously

now i said to you the first thing you
need to wake up
is
to face the fact that you don't like
being woken up
you'd much rather have
all of these things which you were
hypnotized into believing are so
precious to you so important to you so
important for your life and your
survival
second
understand
understand
that maybe you've got the wrong ideas
and it is these ideas that are
influencing your life and making it the
mess that it is
and keeping you asleep
ideas about love
ideas about freedom
ideas about happiness etc
and it isn't easy to listen
to someone who would challenge those
ideas of yours that have come to be so
precious to you you know they've made
some interesting studies in brainwashing

and they proved
as i'll probably tell you later on if we
have the time
that you're brainwashed
when you take on when you introject an
idea that isn't yours
somebody else's idea and the funny thing
is that you'll be ready to die for it
isn't that strange
the first
test
that you've been brainwashed
that you've got introjected convictions
and beliefs is
that the moment they're attacked you
feel stung
you react emotionally
that's a pretty good sign not infallible
but a pretty good sign
that we're dealing with brainwashing
and you're even ready to die
for an idea that never was yours the
terrorist
or the saint
so-called
takes on an idea
swallows it whole

and is ready to die for it

not easy to listen

especially when you get emotional about

an idea

and even when you don't get emotional

about it

not easy to listen

because don't forget you're listening

from your programming

from your conditioning

from your hypnotic state

and you're frequently interpreting

everything that's being said in terms

of your hypnotic state of your

conditioning of your programming

like this girl who's listening to a

lecture in agriculture and she says

excuse me sir you know i agree with you

completely

best manure

is old

horse manure

would you tell us how old the horse

should be

[Laughter]

look where she's coming from

we all have our positions don't we and

we listen from those positions

henry oh you've changed

you were so tall you've grown so short

you were so well built and you've become

so thin

you were so fair you become dark what

happened to you henry the guy says

i'm not henry

i'm john you changed your name too

[Applause]

how'd you get this guy to listen huh

[Music]

home will talk about it and he was

surreptitiously getting them in again

how much self-awareness was there

uh who are we to judge we don't know

i'm only talking about the possibility

yes

nah i'm saying that ordinarily

everything we do

is

in our self-interest everything

you're doing something

for the love of anybody

in your self-interest

oh we'll have to explain that

tell me something you did or someone

could do for the love of christ

i'm so happy to hear that i really am

i'll tell you why

yes sometimes it does and that's the

worst kind of charity

because there are some people and thank

god you're not in their number

who do things

so that they won't have a bad feeling

and they call that charity

they're guilty

that isn't love

now thank god

you're doing things for people

and it's pleasurable wonderful

you're a healthy individual

self-interested

healthily

oh okay that's all right but keep an

open mind keep an open mind

all right

your mind has to be open too because i

disagree with you

that's wonderful

oh that's wonderful

when you were talking about saint

francis i like a quote that

that i read that he said it says nothing
is as strong as gentleness and nothing
is as gentle as real strength and then
harry you talked about saying francis i
just said somewhere in his life you must
have had this conversion
do you think everything we say we
practice
yes
we were in germany for seven years after
the war my husband was chief of catholic
affairs for the american state
department if you can imagine having one
uh that
children were eating out of our garbage
pail you see and we did all that we
could to take care of it in fact my
husband said you're taking care of all
the german children but your own are
orphans there was a bit of truth in that
but the lutheran minister went into a
huddle with his children and they
decided not to have christmas gifts but
to give to the poor i met a bachelor on
american bus he had
this is the fourth tape of the new york
conference's wake up to life

by father anthony demelo

isn't it interesting

how important labels are

for us

they're so important

i am a democrat i am a republican are

you really now

you mean

when you switch parties

do you have a new eye

or is it the same old eye

with new political convictions

remember hearing about the guy who says

tell his friend

he says

hey tom

are you planning to vote democrat

in the next elections he says no

i'm planning oh rather are you planning

to vote republican the guy says no i'm

planning to vote democrat

why

because my father was a democrat my

grandfather was a democrat my great

grandfather was a democrat so i'm voting

democrat

and the other guy says that's crazy

logic party i mean now let's put it this
way if your father was a horse thief and
your grandfather was a horse thief and
your great grandfather was a horse thief
what would you be he said well then i'd
be a republican
so labels
labels labels labels where does that get
you
and
we spend so much of our lives don't we
reacting to labels
our own
and others
identifying the label
with the eye
talking about catholics and protestants
do you hear one the one about the guy
who comes in and says father
i want you to say a mass for my dog
father's indignant he's outraged between
say a mass for your dog he says you know
my dog my pet dog i love that dog i'd
like you to offer a masquerade father
says we don't offer masses for dogs for
animals here you may try the uh the
denomination lower down the street ask

them they might have a service for you
and the guy as he's moving away he says
too bad i really love that dog i was
planning to offer a million dollars and
stipend for that
nice sir father
wait a minute you never told me your dog
was catholic
when you're caught up in labels
what
value do these labels have when applied
to i
that's an interesting question
i'll invite you to think about it later
to discuss it
could we say
that i
is none of the labels that we attach to
it
that these labels
belong to me
that what is constantly changing
is me
does the observer ever change
why bother
the fact is
that no matter what labels you can think

of

except perhaps human being

you apply them to me

i

is none of these things

so when you step out of yourself

and observe

me

when you step out of yourself

and no longer observe

and sorry and

no longer identify

with me

you learn all kinds of interesting

things

for instance

suffering

suffering exists

in me

and when you

identify with me

anytime

you identify

anytime i

identifies

with anything

or person

outside of itself

or it identifies

with me

suffering begins

now

is fear

now comes desire

now comes a threat

the eye begins to feel threatened

when i

does not identify

with money

or name

or nationality

or persons

or friends

or any quality

the eye is not threatened

can be very active as i will show you

later on

but it isn't threatened

everybody think

of a time

or think of some suffering that you have

right now

anything that's causing you pain

or worry

or anxiety

think of that

you may close your eyes if you wish

first

can you pick up the desire

under that suffering

there's something you desire

very keenly

or you wouldn't be suffering

what is it

second

that isn't just an ordinary desire

that's a craving

worse

there's an identification there

you have somehow said to yourself

the well-being of i

almost the existence of i

is tied up

with this desire

see if you can find that

let me give you a minute or two to talk

about this now talk with somebody about

this because it's important

first a

how true is it

that all suffering is caused

by my identifying myself

with something

whether that something is within me

or outside of me

and when it is outside of me

whether it is a thing

or a person

talk about it for a couple of minutes

then let's see we can get some reactions

from you

okay

how about some reactions

yes i want to share with you something

wonderful that happened to me i saw your

movies

and i was at work shortly after that and

i was really having trouble with three

people and i said all right just like i

learned in the movie i'm going to come

outside myself

and for a couple hours i just got all my

feelings together about how bad i was

about to story people

and i said well i really hate

and

i said well jesus what can you do with

that thing

and a little while later i started to
cry because i realized that jesus died
for those people

[Music]

and that afternoon i had to go in the
office and i spoke to those people and i
told them why i was right and what my
problem was and they agreed with me
because i wasn't mad at them and i
didn't hate them anymore

okay that's wonderful

we'll go a little deeper into that later
shall we

about the negative feelings

we have

towards others

anytime you have a negative feeling

towards anyone

you're living in an illusion

there's something seriously wrong with

you

as you discovered

you're not seeing reality

something inside of you has to change

but what do we generally do

when we have a negative feeling

we're saying he is to blame

she is to blame

she's got to change oh no no no no no

the world's all right

the one who had to change is you

but we'll have much more to say about

that later any other reaction

yes

[Music]

if we had a staff meeting

when someone says

[Music]

oh yes

oh yes

you know

she's identified with this

and she's saying

anyone who attacks the food

is attacking me

i feel threatened

but i

is never threatened

it's only me that is threatened

yes

[Music]

[Music]

[Music]

or

is

now did you assume that i was saying

that you wouldn't do anything

i said

you wouldn't have negative feelings

here's a little exercise for you think

think of all the good deeds you've done

or some of them

because i'm only giving you a few

seconds see

you think you'd have enough for those

now

understand

that they really sprang from

self-interest whether you knew it or not

refined tastes maybe

what happens to your pride

what happens to your vanity

what happens to that good feeling

you gave yourself that pat on the back

every time you did something that you

thought was so charitable

gets flattened out doesn't it

what happens to that looking down your

nose that your neighbor

who you thought was so selfish

whole thing changes doesn't it

well

he's got coarser tastes

than you

you're the more dangerous person you

really are

jesus christ seems to have had less

trouble with the other guy

than with your type

much less trouble

he ran into trouble with people who were

really convinced they were good you know

the other guys didn't seem to have given

him much trouble at all

the guys who were openly selfish and

knew it

can you see how liberating that is hey

wake up it's liberating it's wonderful

are you feeling depressed maybe are you

isn't it wonderful to realize you know

better than anybody else in this world

isn't it wonderful you're disappointed

look what we brought to light hey

look what we brought to light

what happens to your vanity huh

you like to give yourself a good feeling

you're better than the others

look how we brought a pharisee to light

you had something to say
i guess i never thought
self-interest in the way you're
presenting it what's in itself a bad
thing and i just never acquainted it
with selfishness
hey
bad comes from you i didn't say it's bad
i said it's self-interest
you added bad
because self-interest to me it seems
like it comes right out of our instinct
of self-preservation which is our i
think our thesis at first so
wonderful
you're just saying
we cannot be selfless are you saying
that well to me it would seem like it
would be the same thing as asking for
non-being whatever it is look all i'm
saying is stop feeling bad
we're all the same it's wonderful
somebody had a terrible thing
a terribly beautiful thing
to say about jesus though i promised i
wouldn't get into that but it's too
tempting to get into it here yeah it's

very tempting he said

he said

the lovely thing about jesus and this

guy wasn't an official christian

he said the lovely thing about jesus was

that he was so much at home with sinners

because he understood

that he wasn't one bit better than they

were

we differ from others

from criminals

only

in what we do

or what we don't do

but not in what we are

the only difference between jesus i

assume

and those sinners was that he was awake

they weren't

you want a glory in that

look at me

i won the lottery

i'm so proud to accept this prize

it's really a prize

for not for me but for my nation and my

society does anybody talk like this when

he wins the lottery

he was lucky

he was lucky

he won the lottery

first prize

anything to be proud of in that

i woke up

i got enlightened

and you gradually learn there's nothing

you could do

with your good luck good fortune

and if you did anything towards being

enlightened now listen to this

almost every one of you really wants to

wake up in the interest of

whom haha

you want a glory in that look at me i

really worked for myself

what's there to glory about

can you see how utterly stupid it is to

be vain

about your good deeds

the pharisee

isn't an evil man he's a stupid man

he's stupid he's not evil

he's stupid

then stop the

thing somebody said i dare not stop to

think

because if i did i wouldn't know how to

get started again

so if you stop to think you'd understand

there's nothing to be very proud of

after all

another thing

what does this do

to your relationship with people

what are you complaining about

he came to complain that his girlfriend

had let him down

that she had played false what are you

complaining about did you expect any

better

expect the worst

you're dealing with selfish people

you're the idiot

you glorified her didn't you

you thought she was a princess

you thought people are nice they're not

they're not nice

they're as bad as you are

bad you understand they're asleep like

you

and what do you think they're going to

seek

their own self-interest exactly like you

no difference

can you imagine how liberating it is

that you'll never be disillusioned again

you'll never be disappointed again

you'll never feel let down again never

feel rejected

you want to wake up you want happiness

you want freedom liberation here it is

drop your false ideas

see through people

see through yourself

you will see through everyone

then you love them

otherwise you're the whole time

grappling

with your wrong notions about them with

your illusions that are constantly

crashing against reality

how about taking a couple of minutes to

talk about this you know it's probably

too brand new

for many of you

to talk about how liberating it is

to understand

that everyone

except the very rare awakened person

more about that later

everyone

anyone

can be expected

to be selfish

and to seek their own self-interest

whether in course

or in refined ways

so there's nothing to be disappointed

about

and there's nothing to be disillusioned

about

if you had been in touch with reality

all along

you would never have been disappointed

but you chose to paint people in glowing

colors

you chose not to see through human

beings

because you chose not to see through

yourself

and so you're paying the price now

before you discuss this let me tell you

a story which i remember just now

somebody said what is enlightenment like

what is awakening like

it's like the in london

who was settling in for the night
he'd barely been able to eat a crust of
bread
then he gets onto this embankment on the
river thames
and there's a slight drizzle
so he huddles in his old tattered cloak
and as he's about to sleep what you know
a rolls-royce rolls up
chauffeur-driven and out of that car
steps a gorgeously beautiful young lady
who says my poor man are you planning to
spend the night here on this embankment
and the poor man says yes she says i
won't have it you're coming to my house
and you're going to spend a comfortable
night and you're going to get a good
dinner so she insists on is getting into
the car
they ride out of london get into a place
where she has a sprawling mansion
large grounds they get in they're
ushered in by the butler and she hands
this man over to the butler and says
james make sure he's put in the
servant's quarter quarters and treated
well which is what james does and when

the young lady is about to go to bed
she'd undressed it was going to bed she
suddenly remembered her guest for the
night so she slips something on and goes
over to the servant's quarters and pads
along the corridor and sees a little
of light where the man was
apparently put up so he hadn't gone to
sleep she taps lightly at the door and
opens it and finds the man away and she
says what's the trouble my good man
did you not get a good meal he said
never had a better meal in my life lady
uh are you warm enough he says yes
lovely warm bed
she says maybe you uh
you need a little company huh
why don't you move over a bit
and she comes close to him he moves over
and falls right into the thames
ah you didn't expect that one
enlightenment
enlightenment wake up
you really didn't expect that one huh
see how good you are
wake up
when you're ready to exchange your

illusions for reality

when you're ready to exchange your

dreams for facts

cold awakening

but that's the way you find it all

that's where life

finally becomes meaningful

life becomes beautiful

it's a famous story i don't remember

where i read it

of ramirez

ramirez who's old

and living up there in his castle on top

of a hill

and he looks out the window

he's in bed really

and paralyzed

looking out the window and he sees his

enemy

old as he himself is leaning on a chain

climbing up the hill

slowly

painfully

takes him about two and a half hours to

get up and there's nothing ramirez can

do

because the servants have the day off

and his enemy walks in
opens the door
comes straight to the bedroom
puts his hand inside his cloak pocket
and pulls out a gun
and he says at last ramirez
we're going to settle scores
and ramirez tries his level best
to talk him out of it he says come on
borges you can't do that
you know i am no longer the man
who ill-treated that youngster
years ago and you're no longer that
youngster come off it
oh no your sweet words aren't going to
get me off this divine mission of mine
it's revenge i want says barges and
there's nothing you can do about it
and ramirez says there is
or is there
what i can wake up and he did
he woke up
that's what enlightenment is like
there's nothing you can do about it
isn't there
of course there is what i can wake up
all of a sudden

life is no longer the nightmare

that it has seen

wake up

all right get on with your exercise i'm

going to give you two or three minutes

for that

i'll repeat it

what does this realization

of our inherent

quest for self-interest

do

to your dealings with others

when you understand this

you find it liberating

or you find it depressing why don't you

talk about this for two or three minutes

and then we'll go on this is the end of

the second tape

this is the third tape of the new york

conferences wake up to life my father

anthony demelo

somebody came to me with a question what

do you think the question was

are you enlightened says this person

what do you think the answer was

what does it

matter you want a better answer

how would i know

because i don't care

how do you know

and what does it matter

you know something

if you want it too badly you're in big

trouble

[Music]

you know something else

if i were enlightened

and you listened to me because i was

enlightened

you're in big trouble

you ready to be brainwashed by someone

who's enlightened

you could be brainwashed by anybody you

know

so does it really matter

no it doesn't

where you're concerned

what does it matter whether someone's

enlightened or

not but see we want to lean on someone

don't we

we want to lean on somebody who we think

or we judge

has arrived

we love to hear to hear that people have

arrived it gives us hope

doesn't it

what do you want hope for

isn't that another form of desire

you want to hope

for something

better than what you have right now

don't you

or else you wouldn't be hoping

but then you forgot that you've got it

all right now and you don't know it

why not concentrate on now

instead of hoping for better times in

the future

why not understand the now

instead of forgetting it

and hoping

for the future

isn't that another trap

all right

i don't know what conclusion you arrived

at in your discussions and it doesn't

matter

[Laughter]

really does it

you find it liberating fine

you find it depressing fine

that's all right

you learn to cope with it you'll have to

grapple with this for yourself

it's your business

it's your life

the only place someone can be of help to

you

is in challenging your ideas

maybe

if you're ready to listen

and you're ready to be challenged

but there's one thing

the most important of all and i haven't

mentioned it yet that you could do when

no one can help you

what's this most important thing of all

it's called

self observation

no one can help you there

no one can give you a method

no can no one can show you a technique

because the moment you pick up a

technique you're programmed again

self-observation

watching yourself

which is not the same as self-absorption

self-absorption

is self-preoccupation

concerned about yourself

you're worried about yourself

i'm talking about

self-observation what's that

it means

to watch

everything

as far as possible

in you

and around you

as if it were happening to someone else

to watch

everything

in you

and around you

as if

it were happening

to someone else

what does that last sentence mean

it means

that you do not personalize

what is happening to you

it means you look at it

as if you have no connection with it

whatsoever

the reason you suffer
from your depressions
and your anxieties
is that you identify with them

you're saying

i

am

depressed and that is false

you are

not

depressed

if you want to be accurate

you might say

i

is

experiencing a depression

right

now

but you could hardly define yourself

with the verb to be

and say i am

depressed

you are not

your depression

but by a strange

kind of trick

of the mind

by a strange kind of illusion
you have deluded yourself into thinking
though you're not aware of it that you
are your depression
that you are your anxiety
that you are your joy
and the thrills that you have
i am delighted you certainly are not
delighted delight is in you right now
but hang around it'll change
won't last
never lasts
keeps changing
it's always changing clouds come and
clouds go
some of them are black some of them are
white some of them are large others are
small
and if we want to follow the analogy
this isn't philosophy now this is just
an analogy
you
are the sky
you're observing them all
you're a passive
detached
observer

why that's shocking

particularly in the western culture

this is shocking passive

in not interfering

don't interfere

don't fix anything

watch

observe

the trouble with people is

they're busy fixing things they don't

even understand

we're always fixing things aren't we

never strikes us

that things don't need to be fixed they

really don't

this is the great illumination

they need to be understood

if you understood them they changed they

really would

if you understood them

you want to change the world

how about beginning with yourself

how about changing yourself

how about being transformed

yourself

first

how do you achieve that

through observation

through understanding

with no interference

with no judgment

because what you judge

you cannot understand

my

that's a tall order isn't it

he's a communist

understanding has stopped at that minute

you slapped a label on him

she's a capitalist

understanding has stopped as of that

minute you slapped a label on her

and if the label carries undertones of

approval or disapproval even worse

how are you going to understand

what you disapprove of

or what you approve of

for that matter

sounds like a new world doesn't it

well ready to hear something new

no judgment

no comment

no attitude

one observes

one's studies

one watches

not even with the desire to change what

is

because if you desire

to change what is

into what you think should be

you no longer understanding

what is

example a dog trainer

who's attempting to understand a dog

so that he can train the dog to perform

certain tricks

the scientist

who observes the behavior of ants

with no further end in view

he just

wants to study ants

and to learn as much as possible about

them

and he has no further aim he's not

attempting to train them or to get

anything out of them he's interested in

ants he wants to learn as much as he can

about them that's the attitude

the day you attain that

you will experience a miracle

you will change

effortlessly

correctly

change will happen

you will not bring it about

as the light of awareness

settles upon your darkness

whatever is evil will disappear

whatever is good will be fostered

you will have to experience that for

yourself

but this calls

for a disciplined mind

and when i say disciplined

i'm not talking about effort

i'm talking about something else

have you ever studied an athlete

whose whole life is athletics

what a disciplined life

he

or she

leads

and look at that river as it moves

towards the sea

it creates its own banks does it not

to contain it

and when there's something within you

that moves in this direction

it creates its own discipline

the moment you get bitten by the bug of
awareness

oh that's so delightful the most

delightful thing in the world the most
important

and the most delightful because there's

nothing so important in the world as
coming awake nothing

and there's nothing so delightful

as being aware

would you rather live in darkness

would you rather act and not be aware of
your actions

talk and not be aware of your words

would you rather listen to people and

not be aware of what you're hearing

or see things and not be aware of what

you're looking at

the great socrates who said

the unaware life

is not worth living

but a self-evident truth

but most people don't live

aware

lives

they're living mechanical

lives

mechanical thoughts

generally somebody else's

mechanical emotions

mechanical action

mechanical reactions want to see how

mechanical you are

my that's a lovely shirt you're wearing

i feel up

for a shirt for heaven's sake

you feel proud of yourself when you

observe that

people come over to my center there in

india and they say what a lovely place

your center is situated in these lovely

trees for which i'm not responsible at

all and this lovely climate and already

i'm feeling good till i catch myself

feeling good say hey

could you imagine anything more stupid

than that

i'm not responsible for those trees i

wasn't even responsible for choosing the

location

i didn't order the weather

it happened

but it's mine

me got in there

and i'm feeling good

and i'm feeling good about my culture

and my nation how stupid can you get

i mean that

and they're saying you know your great

indian culture that has produced all

these mystics i didn't produce them

i'm not responsible for it

and you know uh oh a country of yours

disgusting look at the poverty i'm

feeling ashamed i didn't create it

what's going on

ever stop to think

you know something

i think you're very charming oh i feel

wonderful i got a

positive stroke that's what they call it

i'm okay you're okay

i'm going to write a book someday which

will be entitled i'm an ass you're an

ass

i really

am i really am

yes most liberating thing in the world

wonderful

most liberating thing in the world can

you imagine that when you're openly
ready to admit you're an ass
it's wonderful they say you're wrong i
say what could you expect of an ass

[Music]

disarmed everybody disarmed
we're coming to that we're coming to
that we're coming to that the final
liberation i'm an ass you're an ass

i press a button you're up

i press another button you're down

you like that

how many people you know who are
unaffected

by praise

or blame

totally and completely unaffected that
isn't human

human means

you've got to be a little monkey

so everybody can twist your tail and you

do whatever they think you ought to be

doing is that human

you mean you find me charming you know

what that means

it means right now you're in a good mood

that's what it means

generally

it also means that i fit your shopping

list every one of us carries a shopping

list around you know and it's like

you've got to measure up to this tall

dark

handsome

according to my tastes

i like the sound of his voice i'm in

love

you're not in love silly ass

any time

you're in love

i wonder if i should say this you're

being particularly asinine

you really are

sit down and watch it

what's happening to you

you're running away from yourself

you want a nice good escape somebody

said thank god for reality and for

giving us the means to escape from it

so that's what's going on

we're so mechanical

we're so controlled

and we write books about being

controlled and how wonderful it is to be

controlled and how necessary to be

controlled

and how necessary that people would tell

you that you're okay

so that then you'll have a good okay

feeling about yourself

etc etc

etc how wonderful it is to be in prison

or somebody said yesterday so rightly to

be in your cage

you like being in prison

you like being controlled because i'll

tell you something

if you ever let yourself feel good when

they tell you that you're okay

you're preparing yourself to feel bad

when they tell you you're not

and secondly you're going to be a monkey

for the rest of your life because you're

the whole time going to live up to their

expectations you better watch out what

you wear and how you comb your hair and

whether your shoes are polished and

whether you live up to every

d-a-m-n-e-d expectation of theirs every

one of them

you like that

you call it human

see see what i mean this is what you'll

discover when you observe yourself

you'll be horrified

because the fact of the matter is

that you're neither okay

nor not okay you really are not

what's okay

what's not okay

you mean you fit the current mood

or trend of fashion so you become okay

does your okayness depend on that

does your okayness depend on what people

think of you

jesus christ must have been pretty not

okay you know

by those standards

so

you're not okay

you're not not okay you're you

and that i hope

is going to be the big discovery at

least some of you if three of you i

think you're about 220 or 30 or whatever

if three or four of you make this

discovery during these four days we're

going to spend together my what a

wonderful thing extraordinary

unprecedented

you're you

cut out all the okay stuff and the not

okay stuff cut out all the judgments and

observe

watch

you'll make great discoveries

those discoveries will change you

you won't have to make the slightest

effort believe me

here's another bombshell

talking about a bombshell

reminds me about this guy in london

after the war

he's sitting with a large parcel on his

lap

wrapped in brown paper big heavy object

and the bus conductor says to him

he says what have you got in your lap

there

and the man says this is an unexploded

bomb

we dug it out of the garden

and taking it to the police station

he says is that an unexploded bomb and

the guy says yes you don't want to carry

that on your lap put it under the seat
that's my story for telling what
psychology and spirituality as we
generally understand it does for you
you know it transfers the bomb from your
lap to under your seat
it doesn't really solve your problems
it doesn't it exchanges your problems
for other problems have that has it ever
struck you
you had a problem
now we exchange it for another one
and it's always going to be that way
till we solve the problem called you
we got to solve that
and so all the great
mystics and masters
i hate to say mistress
i hate to say mistresses it doesn't
sound too good does it
like that duchess who walks into a
hospital lobby because her chauffeur was
uh unwell
and she said i'd like to meet mr james
and they said in the lobby
are you his wife she was indignant she
said i'm his mistress

he was well that one didn't get off the
ground did it
you're too clean-minded that's the
trouble with you
so uh
till we solve the problem called you
we're going to get nowhere
and so these great mystics and masters
in the east
will say
who are you
want to know the most important question
in the world
you think it is who is jesus christ
wrong
you think it is does god exist wrong
you think it is is there a life after
death wrong
you know it's a funny thing
nobody seems to be grappling with the
problem of is there a life before death
no one noble
and my experience has been that it's
precisely the ones who don't know what
to do with this life who are all
bothered about what they're going to do
with another life

really

that's one sign that you're awakened you

don't give a damn what's going to happen

in the next life you're not bothered

about it you don't care you just don't

care not interested

period

somebody talked about eternal life a

little while ago the gentleman there

you know what eternal life is

whatever that is

you think it's everlasting life but your

own theologians will tell you that

that's crazy

because everlasting is still within time

it's time for during forever

you got it all wrong

eternal means timeless

no time

whatever that means because the human

mind cannot understand that the human

mind can understand time

and can deny time but what timeless

means is beyond our comprehension

except we have we have hints of it

and the mystics tell us

that it's right now

how's that for good news

it's right now

people get so distressed when i tell

them forget your past

so proud of your past you're crazy

remember i'm an ass you're an ass

you're crazy what are you proud of

you're so ashamed of your past

you're crazy

drop it

but mustn't i weep for my sins that's

fast it's dead drop it

get into now

see your great religious distraction

from waking up

weep for your sins

repent

wake up that's what repent means wake up

understand understand stop all your

crying

understand

wake up

and so the great masters tell us

the most important question in the world

is who am i

who am i

what is i

we'll address ourselves to that question
this afternoon at four o'clock i'll
begin with that hopefully i say
hopefully because i never know what i'm
going to say next week is it all depends
on the mood of the group etc but
that's so important
what is i
what is this thing i call i
what is this thing i call the self
you mean you understood everything else
in the world and you didn't understand
this
you mean you understood astronomy and
black holes and whatever those other
things are quasars or whatever they call
them you understood that and you picked
up computer science
and you don't know who you are
my
is still
asleep
you're a sleeping scientist
you mean you understood what jesus
christ is and you don't know what you
are
how do you know

that you have understood who's this guy

who's this woman who's doing the

understanding

found that out first that's the

foundation of everything isn't it

and it's because we haven't understood

this that you've got all these stupid

religious people who are engaging in all

kinds of stupid religious wars muslims

fighting against jews protestants

fighting catholics and all the rest of

that rubbish

they don't know who they are

because if they did there wouldn't be

wars

like the little girl who says to the

little boy are you a presbyterian

he says no we belong to another

abomination

so

so there it goes it's uh

who are you

who am i

who am i

who am i we'll be dealing with that

later as i said but what i'd like to

stress right now is self observation

you're listening to me

are you picking up any other sounds

besides the sound of my voice as you

listen to me

are you aware of your reactions

as you listen to me

it's extremely important

or else you're going to be brainwashed

or else you're going to be influenced by

forces within you

of which you have no awareness at all

and when you're aware of how you're

reacting to me

are you simultaneously aware

now that's that's post-graduate work

okay

okay

are you aware of where it's coming from

maybe you're not listening to me at all

maybe your daddy's listening to me

you think that's possible of course it

is

again and again in my therapy groups

i come across people who aren't there at

all

their daddy is there their mommy is

there they're not there they never were

there

they really weren't i live now not i my

daddy lives in me

really

but that's absolutely true literally

true

literally true i could take you apart

and say now this sentence does it come

from daddy mommy grandma grandpa from

whom

reminds me of grandma and grandfather

celebrating their wedding anniversary

they're old it's the 60th anniversary of

their wedding and they go through all

the celebrations

and they're tired and towards the

evening the two of them are sitting

alone in a room

and grandpa says to grandma he says you

know grandma

i'm proud of you

i really am

she says what what's that you said par

you know i can't hear you you know i

can't hear you without my hearing aid

would you say that louder he says i said

i'm proud of you

she said that's all right i'm tired of

you too

yes

so it's like who's living in you

it's pretty horrifying when you come to

know that you think you're free

but

this probably there probably isn't a

gesture a thought an emotion an attitude

a belief

in you

or that isn't coming from someone else

isn't that horrible

and you don't know it

talk about a mechanical life that was

stamped into you

and you're feeling pretty strongly about

certain things and you think you are

feeling strongly about it but are you

really

[Applause]

it's going to take a lot of awareness

for you to understand

that maybe this thing that you call i is

simply an agglomeration

of your past experiences

and of your conditioning

and your programming you're a human
computer

that's painful

in fact when you're beginning to awake

you experience a good deal of pain

it's painful to see

your illusions being shattered and

everything that you thought you had

built up crumbling

that's painful

that's what repentance is all about

that's what waking up is all about

so now how about this

how about

you're taking a minute

right where you are where you're sitting

now

to be aware

of

even as i talk

of what you're feeling in your body

and what's going on in your mind

and what your emotional state is like

how about being aware of that blackboard

if your eyes are open

and the color of the walls

how about being aware of my face

and the reaction you have to that face
of mind

because you have one whether you're
aware of it or not

and it probably isn't yours

you were conditioned to have that kind
of reaction

and how about being aware of some of the
things i said so that isn't awareness

now that's memory i'm cheating but still

i'm assuming you're beginners

think of some of the things you did not
like

and think of some of the things you
liked

and how you reacted

does that say anything about you

and let's make a sudden switch now

be aware of your presence in this room

it's a sudden switch i'm in this room

it's as if you were outside yourself

looking at yourself

sitting here

as if you're looking at someone else

do you notice the slightly different

feeling

later we'll ask

who's this person who's doing the

looking

i

am looking

at me

what's i

what's me

good but for the time being it's enough

that i

would be watching me

and if you're tending to condemn

yourself

or to approve of yourself

don't stop the condemnation now

don't stop the judgment

don't stop the approval

just watch it

i'm condemning me

i'm disapproving

or i'm approving

just look at it

don't try to fix it

don't say oh we were told not to do this

no just observe what's going on

as i said to you before

self-observation

means

watching

observing

whatever is going on in you

and around you

as if it were happening to someone else

stay with that for another minute now

and then we will end the exercise

i'll give you a bit of a break

let's put that

so

all right that'll do

ever hear what happened to the

hippopotamus who swallowed a jewish

rabbi a protestant minister and a

catholic priest

why he had an ecumenical movement

i'm giving you five minutes now you

could stand up and stretch for five

minutes and then we'll go relentlessly

on okay

okay

let's continue from where we left off

this morning

i'm sure lots of you will have questions

i propose we leave them for a little

later

because once i've spoken about two or

three other topics

maybe some of the things you were going

you were planning to ask me about will

get clarified

so

i suggest

that before i take up the next topic

you do the following

would you write down on a piece of paper

any adjectives that you would use

to describe

yourself

any adjectives

businessman

priest

human being

catholic

you anything well or any labels like

businessmen etc

anything

adjectives or nouns that you would use

to describe

yourself

you're in for a big surprise you really

are

so uh write those down

you're really going to enjoy this

now let's have a few samples

one from each person just a few samples

you know anyone what was that

prognosticative prognostics

she planned this one

okay

any others

fruitful

taking children searching pilgrim

confident alive alive

impatient

centered

flexible

overly structured

[Music]

all right all right all right all right

that's a pretty good introduction for

what we're going to get into right now

remember i said to you this morning

that you would derive immense

profit

from a

self-observation

observing

yourself

remember

as if you were watching another person

observing everything in you

and around you

now let's take a look at that phenomenon

we're going to get right into

whatever you want to call it

philosophy mysticism spirituality

you name it the name doesn't matter

here you've got i

observing

me

now this is an interesting phenomenon

which has never ceased to cause wonder

to philosophers

mystics

scientists

psychologists

i

can observe

me

it would seem

that the animals were not able to do

this

it would seem

that one needs a certain amount of

intelligence

to be able to do this

self-conscious

now i'm warning you

what i'm going to give you now is not

metaphysics

it is not

philosophy

it's plain observation

plain

common sense

maybe we'll come back to the philosophy

of it later on but watch this

when i

observes

me

i

looking at me

remember i told you this morning

many of these great mystics of the east

would say

who are you

who am i

who is

i

they're really referring to that eye

not to the me

and let's suppose

that i

were to observe

me observing me have you noticed this

has become me now

who's this guy

search for the eye

that's what they're saying

who's i

and no matter how far back you go

you're always going to have to search

for i what is i

who is i

ever thought of that

we've been given all kinds of answers or

we've taken all kinds of answers for

granted but never stopped probably

to analyze

or to find out for ourselves who i

is

or what i

is

as a matter of fact

some of these mystics will tell you

that we first begin

with things

with awareness of things

then we move on to awareness of thoughts

me

and finally

to awareness of the thinker

things

thoughts

thinker

what we're really searching for is

the thinker

can the thinker know

himself

can i know

what i is

some of these mystics reply

can the knife

cut itself

can the tooth bite itself

can the eye

e y e

see

itself

can the eye

know

itself

but this

we will have to leave

for later

i am concerned with something infinitely

more practical

right now

and that is

with deciding

what the i is not and i'll go as slowly

as possible

because it's important that you follow

every step here

because the consequences are

devastating

terrific

or terrifying depending on your point of

view

you've got the seed of liberation here

now listen to this

am i

my thoughts

is i

the thoughts that i am thinking

no

thoughts come and go

i

am not my thoughts

is that clear

how about my body

am i

my body

they tell us that the cells of our body

keep getting changed and renewed

millions of them every minute so that at

the end of about seven years

you don't have a single living cell in

your body which was there seven years

previously

they're always changing

cells come and go

cells arise and die i seems to persist

so am i my body

evidently no

i is

something other and more

than the body

you might say the body is part of i

but it's a changing part

it keeps moving it keeps changing

we have the same name for it

but it's constantly changing just as we

have the same name for niagara falls

but niagara falls is constituted

by the water which is constantly

changing

same name for an ever-changing reality

i seems to continue

even though the body cells are changing

how about my name

is i

my name

evidently not

because i could change my name

i don't change the eye

when i change my name

how about my career

how about my beliefs

i

am

a catholic

i

am

a jew

is that an essential part of i

when i move from one religion to another

has i

changed

and let's suppose i get back to my

original religion

has i

changed

do i have a new eye

or is it the same i that has changed

in other words

is my name an essential part of me

of the eye

is my religion

an essential part
of the eye
remember i told you this morning about
the little boy who says to the little
girl are you a presbyterian remember
somebody told me
one about someone in
belfast

paddy was walking down the streets
and he finds there's a gun
there at the back of his head
pressing against the back of his head
and a voice says

are you catholic
or protestant

well patty had to do some pretty fast
thinking he said i'm a jew
and he hears the voice say i've got to
be the luckiest arab in the whole of
belfast

[Music]

this is the end of the third tape
this is the fourth tape of the new york
conferences wake up to life
by father anthony demetal
isn't it interesting
how important labels are for us

they're so important

i am a democrat

i am a republican are you really now

you mean

when you switch parties

do you have a new eye

was it the same old eye

with new political convictions

remember hearing about the guy who says

to his friend

he says

hey tom

are you planning to vote democrat

in the next elections he says no

i'm planning oh rather are you planning

to vote republican the guy says no i'm

planning to vote democrat

why

because my father was a democrat

my grandfather was a democrat my great

grandfather was a democrat so i'm voting

democrat

and the other guy says that's crazy

logic patty i mean now let's put it this

way if your father was a horse thief and

your grandfather was a horse thief and

your great-grandfather was a horse thief

what would you be he said well then i'd

be a republican

slavers

labels labels labels where does that get

you

and

we spend so much of our lives don't we

reacting to labels

our own

and others

identifying the label

with the eye

talking about catholics and protestants

you hear one the one about the guy who

comes in and says father

i want you to say a mass for my dog

father's indignant he's outraged between

say a mass for your dog he says you know

my dog my pet dog i love that dog i'd

like you to offer a mass for him father

says we don't offer masses for dogs for

animals here you may try the uh the

denomination lower down the street ask

them they might have a service for you

and the guy as he's moving away is too

bad i really love that dog i was

planning to offer a million dollars and

stipend for that

mass father said wait a minute you never

told me your dog was catholic

when you're caught up in labels

what

value do these labels have

when applied

to i

that's an interesting question

i'll invite you to think about it later

to discuss

it could we say

that i

is none of the labels that we attach to

it

that these labels

belong to me

that what is constantly changing

is me

does the observer ever change

why bother

the fact is

that no matter what labels you can think

of except perhaps human being

you apply them to me

i is none of these things

so when you step out of yourself

and observe

me

when you step out of yourself

and no longer observe

and sorry and

no longer identify

with me

you learn all kinds of interesting

things

for instance

suffering

suffering exists

in me

and when you identify

with me

any time

you identify

anytime i

identifies with anything

or person

outside of itself

or it identifies

with me

suffering begins

now

is fear

now comes desire

now comes a threat

the eye begins to feel threatened

when i

does not identify

with money

or name

or nationality

or persons

or friends

or any quality

the eye is not threatened

can be very active as i will show you

later on

but it isn't threatened

everybody think

of a time

or think of some suffering that you have

right now

anything that's causing you pain

or worry

or anxiety

think of that

you may close your eyes if you wish

first

can you pick up the desire

under that suffering

there's something you desire

very keenly

or you wouldn't be suffering

what is it

second

that isn't just an ordinary desire

that's a craving

worse

there's an identification there

you have somehow said to yourself

the well-being of i

almost the existence of i

is tied up

with this desire

see if you can find that

let me give you a minute or two to talk

about this now talk with somebody about

this because it's important

first a

how true is it

that all suffering is caused

by my identifying myself

with something

whether that something is within me

or outside of me

and when it is outside of me

whether it is a thing

or a person

talk about it for a couple of minutes

then let's see we can get some reactions

from you

okay

how about some reactions

yes well i want to share with you

something wonderful that happened to me

i saw your movies

and i was at work shortly after that and

i was really having trouble with three

people and i said all right just like i

learned in the movie i'm gonna come

outside myself

and for a couple hours i just got all my

feelings together about how bad i felt

about these three people

and i said well i really hate those

people

i mean i was honest i thought it all

together

and

i said well jesus what can we do with

that thing

[Music]

and a little while later i started to

cry because i realized that jesus died

for those people and they didn't know

how they were

and that afternoon i had to go in the

office and i spoke to those people and i

told them why i was right and what my

problem was and they agreed

okay that's wonderful

[Music]

we'll go a little deeper into that later

shall we

about the negative feelings

we have

towards others

any time you have a negative feeling

towards anyone

you're living in an illusion

there's something seriously wrong with

you

as you discovered

you're not seeing reality

something inside of you has to change

but what do we generally do

when we have a negative feeling

we're saying he is to blame

she is to blame

she's got to change oh no no no no no

the world's all right

the one who had to change is you

but we'll have much more to say about

that later any other reaction

yes

[Music]

[Music]

normally

[Music]

oh yes

oh yes

you know

she's identified with this

and she's saying

anyone who attacks the food

is attacking me

i feel threatened but i

is never

threatened it's only me that is

threatened

yes

[Music]

is

[Music]

now did you assume that i was saying

that you wouldn't do anything

i said

you wouldn't have negative feelings

as a result of which you'd be much more

effective

because when the negative feelings come

in

you go blind

me step into the picture

and everything gets fouled up

and frequently

we had a problem on our hand before

now we have two problems

but that's a very good question because

i'll have to come back to that again

don't assume

i'm glad you brought that out because

lot might assume

that

not having

negative feelings of anger

and resentment and hate

would mean that you do nothing about the

situation oh no

oh no

you're not affected emotionally

but you are actually if that makes any

sense

you spring into action

you become very sensitive

to things

and people

around you

what kills the sensitivity

is this

what many people would call

the conditioned

self

when you identify with me

there's too much of you in it

for you to see things objectively

to see things detachedly

and it's very important that when you

swing into action

you be able to see things detachedly

but when negative emotions get in you

can no longer do that

so that was a very good uh question yes

you had a question

john if there's an

area

before something becomes an attach

before it becomes

identification like a

friend dies

it seems to me that it's human to feel

something about that of sadness but it

becomes identification when it gets in

the way of my becoming less free but i
think there ought to be some type of
reaction to my plans for that
all right

it seems that there ought to be some
kind of reaction

to my friend's death

self-pity

what would you be grieving about think
about this everybody

what are you grieving about what i'm
saying is going to sound terrible i told
you

and coming from another world

personal loss right

feeling sorry for me

all right you mean you're feeling sorry
for other people who are feeling sorry
for themselves

oh they're not feeling sorry for
themselves

then what would

i be feeling sorry for

[Music]

what we call grief

do we ever feel grief

when we lose something

that we have allowed to be free

that we have never attempted to possess

and we have never allowed ourselves to

be attached to

meaning

what does it mean to be attached

meaning

i made my happiness

depend

on this thing

or this person

at least

to some extent

we're so accustomed to this

that to hear the opposite sounds

inhuman doesn't it

i'm not saying

that me

the conditioned self

will not sometimes fall into this

because that's the way we have been

conditioned but is it conceivable

that you would live a life

where you would be so totally alone

that you would depend

on no one

please try to understand this

we all depend on one another don't we

for all kinds of things

we depend on the butcher

and the baker

and the candlestick maker

interdependence

that's fine we set up society and we

organize society in this way

we allot different functions to

different people

for the welfare of everyone

so that we will function better

and live more effectively hopefully

but to depend on another psychologically

to depend on another emotionally

what does that mean

that needs to depend on another human

being

for my happiness

think about that

because if you do

the next thing you will be doing whether

you're aware of it or not

is

you will be demanding

that that person

contribute to your happiness

next step

fear

fear of loss

fear of alienation

fear of rejection

mutual control

perfect love

casts out

fear

where there is love

there are no demands

there are no expectations

there is no dependency

i do not demand

that you make me happy

my happiness

does not

lie

in you

if you were to leave me

i will not feel sorry for myself

i enjoy your company immensely

but i do not cling

i enjoy it

on a non-clinging basis

what i really enjoy is not you

it's something that's greater than both

you and me

it is something that i discovered

a kind of a symphony

a kind of an orchestra that plays

and on the occasion of your presence

it plays one melody

and when you depart

the orchestra doesn't stop

on the occasion of meeting someone else

it plays another melody

which is also very delightful

and when i'm alone

it continues to play

a great repertoire there

never ceases to play

that's what awaking is all about

that's why

when we're hypnotized

we're brainwashed

we're asleep

it seems so terrifying

but can you be said to love me

if you cling to me and will not let me

go

or will not let me be

can you be said to love me

if you need me

psychologically

emotionally

for your happiness

my you've got lots to reflect on there

don't you

do you know something

this is the universal teaching of all

the scriptures of all religions

and of all the mystics how come we

missed it

how come i missed it for so many years i

say to myself repeatedly

how come i didn't see it

when you read those radical things in

the scriptures my you begin to wonder is

this man crazy

after a while you begin to think

is everybody else crazy

unless you hate

your father and mother

brothers and sisters

unless you renounce and give up

everything you possess

you cannot be my disciple

got to drop it all

not physical renunciation you understand

that's easy

it's seeing through the delusion

that's easy too

and they drop

the delusions drop

you're in touch with reality at last

and believe me

you will never again be lonely

never again

you have found it

loneliness is not cured by human company

loneliness is cured

by contact

with reality

oh i have so much to say about that

contact with reality

dropping one's illusions

making contact

with the real

whatever that is

it has no name

we can only know it

through dropping the unreal

you can only know what a loneliness is

when you drop your clinging

when you drop your dependency

but the first step towards that

is that you would even see this as

desirable

because if you don't even see it as

desirable

how will you get anywhere near it

and think

that loneliness of yours

will human company ever take it away

or will it only serve as a distraction

there's an emptiness inside isn't there

and when the emptiness surfaces

what do you do

you run away

turn on the tv

turn on the radio

read a book

search for human company

seek entertainment

seek distraction

everybody's doing that

big business nowadays

on organized industry entertainment

distract us

entertain us

observe yourself that's why i said to

you this morning

self-observation

is so delightful

such an extraordinary thing
after a while you don't have to make an
effort
because as illusion begins to crumble
and you begin to know this thing
that cannot be described
called happiness
everything changes
you become addicted
to awareness
awareness
awareness
awareness there's a story of the
disciple
or a tabler who goes to the master
and he says
could you give me a word of wisdom
could you tell me something that would
guide me through my days
it was the master's day of silence
so he picked a pad
and wrote one word on the pad he said
awareness
and gave it
to the traveller when the traveler saw
that he said but this is too brief
could you expand on it a bit

and the master took the pad back

pleasantly

and wrote awareness awareness awareness

he said yes but what does it mean

and the master took the pad back and

wrote awareness awareness awareness

means

awareness

that's what it means

watch yourself

i told you this morning no one can show

you how to do it

because he would be giving you a

technique

he'd be programming you

but watch yourself

you had a reaction this morning when you

were talking to someone were you aware

of it

were you not identifying with it

you got angry with somebody

you aware that you're angry

and were you not identifying with your

anger

and later when you had the time

did you study it

did you attempt to understand it

where did it come from

what brought it on

i don't know

of any other means

of transformation

than

awareness

i don't know of any other

if any of you

cover some other method

of self-transformation and be very happy

to hear it from you but i don't know of

any other

you only change what you understand

what you do not understand

and are not aware of

you repress

you don't change

just gets replaced

but when you understand it

it changes

when you become aware of it

it changes

my that was a

pretty lengthy discourse wasn't it

you seem a bit stunned are you

why don't we give you

a five minute break

to stand up and stretch and then we'll

continue

gee i really knocked you all out didn't

i yes

[Music]

[Laughter]

i don't know how much help this is going

to be but it's both kind of things

it is

there are some lucky people who see it

in a flash

and as far as i know

there is no known means of acquiring

this

how do you get it

i

i don't know

you just become aware

there are others who keep growing into

it

slowly

gradually

increasingly

they see things illusions begin to drop

off

fantasies begin to be peeled away and

they get in touch with facts
so there's no general rule really
there's this famous story
of the lion who once pounced
upon a flock of sheep and to his
amazement he found a lion among them
it was a lion who had been brought up by
the sheep ever since he was a cub
and he would be bleeding like the sheep
and
running around
and the lion went straight for him
and when this
sheep lion
stood in front of the real one he
trembled in every limb
and the lion said to him what are you
doing among sheep here
and the lion said i am a sheep he said
oh no you're not you're coming with me
and he got hold of him and took him to a
pool
and he said look
and when the lion who thought he was a
sheep looked at his reflection in the
water
in that minute he was transformed

was never the same again

if you're lucky

if the gods are gracious

if you are gifted with divine grace

use any theological expression you want

you might suddenly understand

who i

is

and you'll never be the same again

never

ever

and that's where you'll dwell

and nothing will ever be able to touch

you again

and no one will ever be able to hurt you

again

and you will fear no one

and you will fear nothing

isn't that extraordinary you live like a

king

like a queen

this is what it means to live like

royalty not the rubbish

where you get your pictures in the in

the newspapers

and where you you've got a lot of money

with a lot of rot

and you're as terrified and confused as
everyone else and you're trying to hide
it
when you fear no one because you fear
losing
nothing
when you fear no one because you're
perfectly content to be nobody who wants
to be somebody here
what's the use of it all
don't give a damn
it doesn't matter
success
failure means nothing honor disgrace
nothing
you make a fool of yourself means
nothing
my
is that a wonderful state to be in
now some people arrive at this
painstakingly step by step
through months and weeks of
self-awareness
but i promise you one thing i'm not
known of one person who would give time
to being aware
who wouldn't see the difference in a

matter of weeks

already the quality of your living is

changing

we don't have to take it on faith

anymore you're seeing it you're

different

you react differently

in fact you're reacting less

and you're acting more

you see things you've never seen before

you're much more energetic much more

alive

people think

that if they had no cravings

they'd be like dead wood

you know what would happen to you you'd

lose your

attention your fear

of failure

your attention about succeeding

and you'd be yourself

relaxed you wouldn't be driving with

your brakes on that's what would happen

[Music]

there's a lovely saying of chuang soo

that i took the trouble great chinese

sage chuangsue that i took the trouble to

learn by heart

hope i remember it but if we fail it's

all right

it says

when the archer shoots for nothing

he has all his skill

when he shoots for a brass buckle

he is already nervous

when he shoots for a prize of gold

he goes blind sees two targets

he is out of his mind

his skill has not changed

but the prize

divides him

he cares

he thinks more of winning

than of shooting

and the need to win

drains him of power

isn't that lovely

isn't that an image

of what most people are

when the archer shoots

for nothing he has all his skill

when you're living for nothing

you've got all your skill you've got all

your energy available to you you're

relaxed

you don't care

it doesn't matter

whether you win or lose

now there's human living for you

that's what life is all about

that can only come

from awareness

and in awareness as i shall explain as

we go along

you will understand

that honor doesn't mean a thing

it doesn't it's a social convention

that's all

and so the

prophets

didn't bother one bit about it

honor

this grace

meant nothing to them

they were living in another world

in the world of the awakened

success

failure meant nothing to them

kind of

i'm an ass you're an ass so where's the

problem

somebody said i think it was a man

called sydney harris

i recollect reading

he said

the three most difficult things that a

human being can do

are not

physical feats or intellectual

achievements

they are

first

returning love for hate

second

including

the excluded

and third

admitting

that you are wrong

[Music]

my easiest pie

easiest thing in the world easiest thing

in the world if you haven't identified

with me what's the problem yeah i'm

wrong if you knew me better my god you'd

see how often i'm wrong what would you

expect from an ass

but i haven't identified with him see i

is not this

so you cannot hurt me

can you imagine that

initially

oh

the old condition me will react

and you'll be depressed

and you'll be anxious

and you will grieve

and you will cry

etc

before enlightenment i used to be

depressed

after enlightenment i continue to be

depressed

but there's a difference i don't

identify with it anymore

you know what a big difference that is

you know what it means

i'll say this slowly

do you know what it means

to step outside of yourself

and look at that depression

[Music]

and not identify with it

and not do a thing

to make it go away

[Music]

and to be perfectly willing to go on

with your life

while it passes through you

and disappears

my if you don't know what that means

you really have something to look

forward to

and the anxiety

there it comes

and you're not troubled

how strange you're anxious and you're

not troubled

isn't that strange

isn't that a paradox

and you're willing to let this cloud

come in

because the more you fight it the more

power you give it

and you're willing to observe it as it

passes by

did you know something you can be happy

in your anxiety isn't that crazy

and you can be happy

in your depression

it's just that you've got the wrong

notion of happiness

you thought happiness was excitement

you thought happiness was thrills

you know something that's what causes

the depressions

did anyone tell you that

you're thrilled

all right you're preparing the way for

your next depression

you're thrilled

have you picked up the anxiety behind

that how can i make that last

somebody said that yesterday evening how

can i make it last

that's not happiness that's thrills

that's kicks

that's addiction that's drugs

talk about the drug addict my i've got

something to show you

i wonder how many

non-addicts there are in this hall

tonight

if you're anything like the average

group

very few

very few

don't look superiorly down your nose as

the alcoholic

and the drug addict

maybe you're just as addicted

as he

or she

is

the first time

i am becoming personal

the first time i got a glimpse of this

world it was terrifying

terrified

to understand

what it meant

to live alone

to have nowhere to rest your head but

nowhere

to leave everyone free

and to be free yourself

to be special

to no one

to love

[Music]

everyone

[Music]

because love

does that

it shines on good and bad alike

and it makes its rain to fall on saints

and sinners

alike

no difference

it doesn't depend on an object to exist

you don't pull it out

it's there

available

[Music]

like the rose

is it possible for the rose to say

i will give my fragrance

to the good people who smell me and i

will withhold it from the bad

[Music]

or like a lamp is it possible for the

lamp to say i shall give my light to the

good people in this room

and withhold my light from the evil

people

or like a tree can a tree say i'll give

my shade to the good people who rest in

my shade and withhold my shade from the

bad

there are images of what love is all

about but i told you we don't really

know what love is

but it's right there staring us in the

face in the scriptures
we never cared to see it
because we were so drowned in what our
culture calls love
in its love songs
and its poems that isn't love at all
that's the opposite of love that's
desire
that's control
that's possessiveness that's
manipulation
that's fear
that's anxiety
that's not love
and we were told that happiness
lies in thrills it's so painful it
really is so painful to watch those
commercials
happiness is a smooth complexion
a holiday resort
but you know that already you know that
already or you wouldn't be here you know
it isn't these things
but then we have other subtle ways
of
making our happiness depend
on other things both within us and

outside of us i refuse to be happy until

my neurosis goes

how about that one

i got good news for you you can be happy

right now with the neurosis

yes sir

[Music]

you want even better news

there's only one reason

why

you are not experiencing what in india

we call

anand we have a special word for

happiness for this kind of happiness

it's called anand bliss

bliss

there's only one reason why you are not

experiencing bliss

this

present moment

and it is because you're thinking or

you're focusing on what you don't have

or else you would experience bliss

you're focusing

on what you don't have

right now

you have everything you need

to be

in

happiness

bliss

honor right now

jesus was talking horse

sense

he was

talking to lay people

to married people to third world people

to starving people to poor people

he's telling them

good news

it's yours for the taking ready for it

here goes

but who listened

no one's interested

they'd rather be asleep

because i'll show you as we go along

these days you have something to say

let's have a little interaction

all right only two things in the world

god and fear

love and fear

only two things

there's only one evil in the world

fear

there's only one good in the world

love

[Music]

it's sometimes called by other names

it's sometimes called happiness

it's sometimes called freedom

or peace

or joy

or god

or whatever but the label doesn't matter

really

and there's not a single evil in the

world

that you cannot trace to fear

not a one not one

ignorance

and fear

ignorance

caused by fear

that's where all the evil comes from

that's where your violence comes from

the person who is truly non-violent

who is incapable of

is the person who is fearless

[Music]

it's only when you're afraid

that you become angry have you ever

thought of that

think of the last time you were angry

go ahead

think of the last time you were angry

search for the fear behind that

what were you afraid of losing

what were you afraid was being taken

away from you

that's where the anger comes from

think of an angry person maybe someone

you're afraid of

can you see how frightened he or she is

he's really frightened

he really is

she's really frightened

or she wouldn't be angry

how true

ultimately there are only two things

love

and fear

but my

i've gone far ahead of what i was

planning to do but i'd rather leave it

like this i'd rather leave it

unstructured and move from one thing to

another and keep returning to themes

again and again

because

that's the way to really

to grasp what i'm saying maybe because

what when it doesn't hit you the first

time it might the second time and what

doesn't hit one person might hit another

so

i've got different themes

but they're all about the same thing

call it awareness

call it love

call it spirituality

or freedom

or awakening

or whatever

it really is the same thing so to

summarize

what i said this afternoon as you begin

to observe yourself

self-observation

watching everything inside of you

and outside oh i'm gonna have a lot to

say about that too

outside

the trees

the stars

the traffic

the faces of friends

the people you're living with

dried leaves

the birds

a pile of stones

water

anything

anything

observe

watch

you might suddenly stumble upon a whole

world you had never seen

and you'd say

god i've been i've been here all along

how come i never saw this

to watch

everything

inside of you and outside

and when there's something happening to

you

to see it

as if it were happening to someone else

with no comment

no judgment

no attitude

no interference

no attempt to change

only to understand

only to understand

now as you do this

you will begin to realize

that increasingly

you are disidentifying

from me

saint fraser of avila

says that towards the end of her life

god gave her this extraordinary grace

she doesn't use this modern expression

of course but that's what it really

boils down to of

disidentifying from herself

extraordinary

liberation at last

you know how it is

uh

john smith has cancer

i don't know john smith john smith isn't

me

so i'm not all that affected

if i have love and sensitivity maybe

i'll help

but i'm not all that affected

emotionally

you have an examination

i'm not all that affected i can be quite
philosophical about it and i'll say well
the more you worry about it the worse
it's going to get why don't you take a
good break

but when it comes my turn to have an
examination well

that's something else isn't it

because i've identified with me

i identify with my

family

my

country my possessions my

body me

how would it be if i had a grace if god

gave me the grace

that i wouldn't call these things

my

that isn't i at all

i'd be detached

i'd be disidentified

that's what it means to lose

the self

to

deny the self

to die

to self

to the ego

to me

to be objective about it

to be

disidentified and detached from it

now as you begin to practice this you

could try it tonight

you know

don't it's not a matter of nerves now or

muscles of tightening your muscles but

as you move around

if you can be aware of what you're doing

if you can be aware of what you're

saying

if you can be aware of how you are

reacting

what a difference

won't be long before you notice the

effect

this is the end of the fourth tape

this is the fifth tape of the new york

conferences wake up to life

by father anthony demelo

it's sad to think the human being would

go through life with fixed ideas

programming and they never change and

they're not aware they're just not aware

of what's going on

very religious people some of them but

no awareness

i really meant that

you might as well have been a block of

wood

you might as well have been

a rock

really

a talking

walking

thinking

machine computer

that's not human

puppet

jerked around by all kinds of things

press a button you'll get the reaction

i told you that yesterday

you could almost

predict

to the nth degree

how a human being is going to react

just study the person oh for a day

and i'll tell you exactly how he or she

is going to react and sometimes write it

on a piece of paper for my therapy group

and say so-and-so's going to start the

session so-and-so will reply they're the

machines

true to

plan

go on

that's painful

they're not aware and don't listen to

the people who say to you

forget yourself go out in love to others

don't listen to them they're all wrong

the worst thing you can do is to forget

yourself when you go out to others

go out in your so-called helping

attitude

you know this

was brought home to me very forcefully

many years ago

when i did my studies in chicago in

psychology

we had

a course in counseling for priests

was only open to priests who were

actually engaged in counseling

and who agreed to bring a tape to class

so we did that

must have been about 20 of us

when it was my turn

i brought a cassette a tape to class
that
had
engraved on it
impressed on it an interview that i had
with a young woman
well uh he took it to class the
instructor put it in a tape recorder and
we all began to hear it
after five minutes as was his custom
the instructor stopped the tape he said
any comments
someone said to me
why did you ask her that question
i said i'm not aware that i asked any
question as a matter of fact i'm quite
sure i did not ask any question he said
oh no you did see i was quite sure
because because i was consciously
following the method of carl rogers
person oriented
non-directive you don't ask questions
you don't interrupt you don't uh give
advice etc so i was very aware that i
mustn't ask questions
all right there was a bit of a dispute
between the two of us and the instructor

said why don't we play that again so we
played that again and heard it
and there to my
to my horror
was a whopping big question as tall as
the empire state building a huge
question you couldn't miss it
now you know the interesting thing was
that i had heard that question three
times the first time presumably when i
asked it the second time when i listened
to the tape in my room because i wanted
to take a good tape to the class see
and the third time when i heard it in
the room in the classroom but it hadn't
registered i wasn't aware
that happens frequently in my therapy
sessions or direction spiritual
direction sessions or whatever we tape
the interview we record it
and again and again and again
when the client listens to it he or she
says you know
i didn't really hear what you said in
the interview i only heard it when i
listened to the tape
more interestingly i didn't really hear

what i said

in the when we had the interview i only

had look what i said

somewhat

humiliatingly i sometimes discover what

i said when i'm listening to the tape

with her

that's shocking

it's shocking

to discover

that i'm saying things i'm saying things

for heaven's sake in a therapy session

that i'm not aware of

the full import of which only dawns on

me later you call that human

forget yourself and go out to others

well

i had an even more shattering experience

that morning because when we listened to

the whole day

the instructor said

any comments

one of the priests a 50 year old man

whom i took a liking to he'd sit in one

corner of the room smoking his pipe he

said to me tony i'd like to ask you a

personal question would that be all

right i said yeah go ahead if i don't
want to answer it i won't what's the
personal question he said this woman
you're interviewing
is she pretty

[Music]

now you know honest to goodness i was at
a stage of my
development or undevelopment whatever
you want to call it when i really didn't
notice if someone was good looking or
not i really didn't it didn't matter i
mean she was
a sheep in the flock of christ i was the
pastor i sort of
i dispensed help yes i mean
that's the way we were trained the good
old training
so i said to her said to him what has
that got to do with it whether she's
pretty or not
he said you don't like her do you what
you don't like her do you
well
hadn't ever struck me
that i liked or disliked people or
mostly

occasional powerful likes and dislikes

would register in consciousness but the

other ones wouldn't it was mostly

neutral

i said what makes you say that he says

the tape

i said uh

you mean

you get that from the interview he said

yes would you like me to show you that i

said yes i'd be happy too

and he

we went through that tape again and he

said listen to your voice here how sweet

it has become you're irritated aren't

you

i was

i was only becoming aware of it right

there

and look what you're doing here

non-directively for heaven's sake you

know what i was saying to her i was

saying don't come back but i wasn't

aware of it

and he said

she's a woman

she'll have picked this up

[Laughter]

they say women have a sixth sense

yes

remember the guy who's supposed to have

had the sixth sense but he lacked all

the other five

so he said you're saying don't come back

don't come back he said when are you

supposed to meet her next i said well

next wednesday

he said my guess is she won't come back

she didn't then

i waited for one week she didn't come

waited for another wednesday she didn't

come then i called her i broke one of my

rules i called her generally don't let

them take the initiative don't be a

but i said to her you remember that tape

you allowed me to uh to make for the

class

and she said yes i said you know it was

a great help because they pointed out

all kinds of things to me i didn't tell

her what

that would help me to be more effective

so if you'd care to come back you're

free to i think i'd be somewhat more

effective

she said all right i'll come back she

did the dislike was still there hadn't

gone away

but it wasn't coming in the way

that's important

what you are aware of you are in control

of

what you are not aware of is in control

of you

you are always a slave

to what you are not aware of

when you're aware of it

you're free from it

it's there

but you're not affected by it you're not

controlled by it you're not enslaved by

it that's the difference

awareness

awareness awareness awareness

what they trained us to do

at that

course

was

to become participant observers

like i'd be talking to you

to put it somewhat graphically i'd be

talking to you

and i'd be here

talking to you and i'd be out there

watching you and watching me

when i'm listening to you

it is infinitely more important for me

to listen to me

than to listen to you see if you could

get that one

when i'm listening to you

it's infinitely more important for me

to listen to me

than to listen to you of course it's

important to listen to you but it's even

more important that i'd be listening to

me

or else i won't be hearing you

or else i'll be distorting everything

you say

or else i'll be coming at you from my

own conditioning

or else i'll be reacting to you in all

kinds of ways from my insecurities

from my need to manipulate you

from my desire to succeed

from my irritations and feelings that i

may not be aware of so it's frightfully

important

that i be listening to me

when i'm listening to you

that's what they were training us to do

was a training in awareness

and as i shall tell you this morning

how important it is

that you be listening

to yourself

observing yourself

watching yourself constantly as you

react to life and to people to the world

so important

how does one do this does one do this

consciously you know i said to you

observe yourself the way you would be

observing someone else that needs a

little explanation you don't always have

to imagine yourself hovering up up

somewhere there in the air looking at

yourself no no no you know to give you

an idea a rough idea of what i'm talking

about imagine a good driver he's driving

a car

he's concentrating on what you're saying

like he's having an argument with you

that's how much he's concentrating but

he's perfectly aware of all the road

signals

and the moment anything untoward happens

the moment there's any untoward sound or

noise or bump he hears it at once he

said you sure you closed that door back

there

how did he get that

he was aware he was alert

the focus of his attention his attention

was on the conversation on the argument

but his awareness was more diffuse

he was taking in all kinds of things

what i'm advocating here is not

concentration

that's not important

lots of meditative techniques

inculcate concentration i'm wary of

those things they involve violence and

they frequently involve further

programming and conditioning

what i would advocate is awareness

which is not the same as concentration

at all

concentration is a spotlight

awareness floodlight

you're open to anything that comes

within the scope of your consciousness

big

difference so when you're practicing

awareness you're never distracted

you may go to sleep

go to sleep even though you're awake

which means you may turn off the

awareness then you're

asleep even though you're talking and

reading etc but when the awareness is

turned on there's never any distraction

because you're always aware of whatever

whatever your the focus of your

attention happens to be

like now i'm looking at those trees

now i'm worrying

was i distracted you would have been

distracted only if you were meant to

concentrate on the trees but if you're

you're aware that you're worried that

isn't a distraction at all

just be aware of where the focus of your

attention goes

and above all if you're practicing this

even to a limited degree

you'll develop an extraordinary skill

when anything goes awry

or anything untoward happens you'll be

alerted at once

something's going wrong

the moment any negative feeling comes

into consciousness you'll be alerted

something going wrong

and you'll give it your attention

something like the driver of the car

awareness awareness awareness now

i told you that as you begin to practice

self-observation

you will see

yourself that you are observing

you

i am observing

me

now that's a strange phenomenon

i

observing

me remember i told you yesterday

saint freeza of avila

would say

that god gave her the grace

of

disidentifying herself from herself you

know little children talk that way

a two-year-old will say

tommy had his breakfast this morning

he doesn't say i

he says dummy

third person

mystics feel that way

they don't feel i

have a problem they feel

tommy has a problem

that's extraordinary

they have

disidentified

from themselves

and at last they're at peace

this is the grace that saint theresa of

avila

was talking about

this is the eye

that the mystic masters of the east

are constantly urging people

to discover

and of the west too

because you can count meister a car

urging people to discover the eye

who's i

what's i

now the important thing is not listen to

the sentence carefully the important

thing is not to know

who i is or what i is you will never

succeed there are no words for

this the important thing is to drop the

labels

as the japanese masters the zen masters

say

don't seek for truth

only drop your opinions drop your

theories

don't seek for truth

truth isn't something you seek for

if you would stop being opinionated you

would know

if you would drop your beliefs and

opinions

you would know

now something similar happens here if

you would drop your labels

you would know

what do i mean by labels

every label you can conceive of

except perhaps human being

i am a human being fair enough

doesn't say very much

but when you say i am

successful that's crazy because success

is not part of the i

success is something that comes and goes

it could be here today and gone tomorrow

that's not i

but you said i am a success

that's where you were in error

that's when you got plunged into

darkness

you identified yourself with success

i am a failure

i am a lawyer

i am a businessman

now you know what's going to happen to

you if you identify yourself with these

things

you're going to cling to them

you're going to be worried that they may

fall apart

and that's where all your suffering

comes in

that's what i meant in the beginning

when i said to you

if you're suffering

you're asleep

do you want a sign that you're asleep

here it is you're suffering

you're asleep

suffering is a sign

that

you're out of touch with the truth

suffering is given to you

that you might open your eyes to the

truth

that you might understand that there is

some falsehood somewhere

just as physical pain is given to you

to understand

that there's a disease there's an

illness somewhere

so suffering

points out

that there's some falsehood somewhere

suffering occurs when you clash with

reality

when your illusion clashes with reality

when your falsehood clashes with truth

then you have suffering otherwise there

is no suffering now listen very

carefully

the next few minutes

this sounds a bit pompous

but it's true

the next few minutes could be

the most important minutes in the lives

of some of you

if you could grasp this

you've hit upon the secret

for awakening

you would be happy

forever

you would never be unhappy again

nothing but nothing would have the power

to hurt you

and i mean that nothing

it's like you know you take black paint

and throw it up in the air and keep

throwing black paint in the air

the air is uncontaminated

you don't color the air black

and no matter what happens to you

you remain uncontaminated

you remain at peace

there are human beings and you know it

who have attained to this

that is what i call human

not what people are generally living

that's what i call being a human being

that's what i call natural

not this nonsense of being a pup a

puppet jerked about this way and that

having any event or any person tell you

how to feel and then you proceed to feel

it

they call it being vulnerable

i call it being a puppet

you want to be a puppet

we press a button and you're down

you like that

so there it is

if you do not identify

with any of those labels

first of all

most of your worries cease

what are you generally worried about

later we'll talk about your fear of

disease and death but ordinarily you're

worried about what's going to happen to

your career

a businessman

small time businessman kind of 55 years

old he's sipping beer somewhere at a bar

and he thinks well look at my classmates

they've really made it the idiot they've

made it what do you mean they've made it

they got their names in the newspapers

you call that made it

they got their names in the news in the

prison journal

which all the prisoners are reading

and he thinks they've made it

successful

president of a corporation

the other guy has become the chief

justice and somebody else has become

this and the other person has become

that monkeys all of them

who determines what it means to be a

success the main preoccupation of

society is to keep society sick

and the sooner you realize that the

better every one of them

most of them

they're loony they're crazy

you became the president of the lunatic

asylum and you're proud of it

it means nothing it really means nothing

being the president of a corporation has

absolutely nothing to do with being

awake or being happy

or being a success in life nothing

absolutely nothing having a lot of money

has nothing to do with being a success

in life you're a success in life when

you wake up

when you don't have to apologize to

anyone

when you don't have to explain anything

to anyone

you don't feel the need to explain

anything to anyone

you don't give a damn what anybody

thinks of you or what anybody says about

you

you have no worry

you're happy

now that's what i call being a success

i don't know about you

so this poor guy

is thinking sadly

that he isn't a success like his

classmates nobody has ever told him

that having a good job

and being famous

and having a great reputation has

absolutely nothing to do with happiness

or success nothing

it's totally irrelevant

and so he's worried

about what his children will think about

him what will the neighbors think about

him what will his wife think

he should have become famous that's what

your society and your culture is
drilling into your head day and night
and so is mine
people who made it
made what
made asses of themselves
because they drained all their energy
in getting something that was worthless
and they're frightened and they're
confused and their puppets like the rest
look at them strutting across the stage
look how upset they'd get if they had a
stain on their shirt
you call that a success
look how frightened they are at the
prospect that they may not be re-elected
you call that a success
so controlled so manipulated
these are not happy people
these are miserable people
they don't enjoy life
they're constantly tense and anxious you
call that human
and you know why that happened
there's only one reason they identified
with some label
they identified the i

that was their error

with their money

with their job

with their profession

how about the lawyer who says to a

plumber when he's looking at the

plumber's bill

he says hey

you're charging nearly 200 an hour even

i don't make that kind of money as a

lawyer and the plumber said even i

didn't make that kind of a money when i

was a lawyer

right so

[Music]

so uh

you could be a plumber or a lawyer or a

businessman or a priest

that does not affect essential eye

it doesn't affect you

i change my profession tomorrow

that's like changing my clothes

i is untouched

are you your clothes

are you your name

are you your profession

stop identifying with that

because that will come and go

[Music]

you know what happens when you really

understand this

no criticism can affect you

no flattery of praise can affect you

either

when someone says you're a great guy

what's he talking about

he's talking about me

he's not talking about i

i is neither great

nor small

i is neither successful

nor a failure

it is none of these labels

these things come and go

these things depend on the criteria that

your society establishes

these things depend on your conditioning

these things depend on the mood of the

person who happens to be talking to you

right now

they have nothing to do with i

i

is none of these labels

me is generally selfish

foolish childish and a great big ass

so when you say

you're a nasty you're telling me haha

i've known it for years

that guy there the conditioned self

the conditioned self what would you

expect i've known it for years why did

you identify with him silly

that isn't i

that's me

now

here are those important minutes i was

telling you about

you want to be happy

uninterruptedly

is uncaused

try to understand that

happiness true happiness

is uncaused

you cannot make me happy

you are not my happiness

you say to the awakened person

why are you happy

and the awakened person replies why not

happiness is our natural state

happiness

is the natural state of little children

to whom the kingdom belongs
until they have been polluted and
contaminated
by the stupidities of our societies and
our cultures
to acquire happiness you don't have to
do
anything
because happiness cannot be acquired
does anybody know why
because you have it already
how can you acquire
what you already have
then why don't you experience it
because you've got to drop something
you've got to drop an illusion
you don't have to add anything on to be
happy you got to drop
something life is easy
life is delightful
it's only rough on your illusions
you've got illusions
you've got ambition
you've got greed you've got cravings you
know where they come from from your
having identified with all kinds of
labels here

so you're miserable

drop that

and you'll know what happiness means

enemy number one of happiness negative

feelings

later i'll talk about enemy number two

attachments

and cravings

they're basically the same thing because

your negative feelings come from your

cravings don't they

and your attachments all right

now

the first thing you need to do later

after the break

i'll give you a little exercise and

maybe we'll field a few questions and

stuff but let me get this thing finished

finished first then we'll deal with the

question

the first thing you need to do is get in

touch with those negative feelings if

you're not even aware of them

you're not going to drop them

lots of people have negative feelings

they're not even aware of

lots of people are depressed and they're

not aware they're depressed it's only
when they make contact with joy that
they understand how depressed they were
you're not going to be able to deal with
a cancer that you haven't detected
you're not going to get rid of wolves in
your farm if you're not aware of their
existence

so the first thing you need is awareness
of your negative feelings what kind of
negative feelings gloominess for
instance

you're feeling gloomy and moody
you feel self-dislike and self-hate or
guilt

you feel that life is pointless
makes no sense

you've got hurt feelings

you're feeling nervous

you're feeling tense

get in touch with those feelings

first

second step

this is a four-step program

second step

understand

that the feeling

is in you it's not in reality
now that's such a self-evident thing but
do you think people know that they don't
believe me they've got phds
they're presidents of universities they
haven't understood this
they didn't teach me how to live at
school they taught me everything else
like the guy who said
well i got a pretty good education and
it took me years to get rid of it to get
over it
yes you really need
that's what spirituality is all about
you know unlearning
unlearning
unlearning all the rubbish they taught
you
now that negative feeling is in you it's
not in reality so stop trying to gain
reality and our bosses and our friends
and our enemies and everybody else and
everything else you don't have to change
anything
the negative feeling is in you
no person on earth has the power to make
you unhappy you want me to repeat that

it's very
important there is no event on earth
that has the power
to disturb you
or to hurt you
no event no condition no situation no
person
only nobody told you this they told you
the opposite
that is why you're in the mess that you
are in right now
that is why you're asleep
they never told you this
but it's self-evident
rain washes out a picnic
who's feeling negative the rain or you
what's causing the negative feeling the
rain or your reaction
when you bump your knee
against that chair there or against a
table the table's okay it's busy being
what it was meant to be a table the pain
is in your knee
not in the table
and it's a funny thing you know
the mystics keep telling us again and
again

reality is all right

reality is not problematic

problems only exist in the human mind

we might add

in the stupid asleep human mind

reality is not problematic

take away human beings on this planet

and life would go on

and nature would go on in all her

loveliness

and her violence

where would the problem be

no problem

you created the problem

you are the problem

you identified with the me

this is the problem

so

understand

that

the feeling is in you

not in reality

third step

never

ever identify

with that feeling

there's nothing to do with the eye

don't define your essential self

in terms of those feelings

don't say i am depressed

you want to say it is depressed that's

okay

you want to say depression is there

that's fine

you want to say gloominess is there

that's fine

but not i am

gloomy you're defining yourself

in terms of that feeling that's your

illusion

that's your mistake

you watch it

there is a depression there right now

there is a hurt feeling there right now

letter d

leave it alone

it'll pass

everything passes

but everything

your depressions and your thrills

have nothing to do with happiness

your depressions and your thrills

have nothing to do with your happiness

those are the swings of the pendulum i

told you yesterday if you're seeking
kicks you're seeking thrills get ready
for the depression
you want your drug
get ready for the hangover
one end of the pendulum swings to the
other this has nothing to do with i
this has nothing to do with happiness
this is the me
you know if you remember this
if you say this
to yourself a thousand times if you try
these three steps a thousand times
maybe you won't even need to do it three
times i don't know there's no rule for
it
but do it a thousand times
you'll make the big the biggest
discovery in your life
to help with those gold mines in alaska
what are you going to do with that gold
if you're not happy
if you can't live
you found gold
you're a king
you're a princess
you're free

you don't care anymore about being
accepted or rejected
makes no difference
you know this thing that psychologists
tell us
about how important it is to get a sense
of belonging
baloney what do you want to belong to
anybody for
what do you want to belong to any group
for it doesn't matter anymore
they tell me there's an african tribe a
friend of mine told me that just three
or four days ago
it was an african tribe there is an
african tribe where capital punishment
means
you're ostracized you're thrown out of
the tribe
and the man dies or the woman dies just
dies physically
from the impact of that feeling
that they're ostracized
you know if you were kicked out of new
york city or wherever you're residing
you wouldn't die how come he dies
because he partakes

of the common stupidity of humanity
he thinks he wouldn't be able to live if
he did not belong

not much different from most people is
it

he's convinced he needs to belong you
don't need to belong to anybody
you don't need to belong to anything or
any group who told you that
you don't need to be loved who fooled
you

what you need is to be free what you
need is to love

that yes that's your nature

what you need is to be happy but to be
loved what you talking about what you're
really telling me is you want to be
desired you idiot

you want to be applauded

you want to be attractive

you want to have all the little monkeys
running after you

you're wasting your life

wake up

wake up you don't need this

you could be blissfully happy without
this your society is not going to be

happy to hear this you know
because you become terrifying when you
open your eyes and understand this
how do you control this kind of person
he doesn't need you
he's not threatened
by your criticism
he doesn't care what you think of him
or what you say about him
he's cut all those strings he's not a
puppet anymore
he's terrifying we've got to get rid of
him
crucify him
he tells the truth
he's become fearless
he stopped being human
human
behold the human being
at last
broke out of his slavery
broke out of their prison
quick summary first step
get in touch with that negative feeling
it's so simple a child could do it
try it about a dozen times today i'll
give you a couple of exercises after the

break get in touch with that negative

feeling

b

don't try to change reality

oh i'm not saying you won't do something

later on but first of all

let's make sure

that you're at peace

let's make sure that you're awake

let's make sure that you're not

acting

going out in social work from your

illusions

let's make sure that you're real

now

we may change things or we may not but

what you have to understand is that the

negative feeling is in you

not in the events

no event justifies a negative feeling

period

get that one

there is no situation in the world that

justifies a negative feeling

that's what all our mystics have been

crying themselves hoarse to tell us

but nobody hears

the negative feeling is in you

the bhagavat gita the sacred book of the

hindus

lord krishna says to arjuna

marvelous sentence

plunge into the heat of battle

and keep your heart

at the lotus feet of the lord

keep your heart at peace

at the lotus feet of the lord

plunge into the heat of battle

because as some of you probably know

the book is set

on a battleground

extraordinary symbolism there do i run

away from the battle do i fight my

relatives go right ahead do your duty

but your heart is unaffected

the eye is unaffected

so

the negative feeling is in you

understand that

put the focus where it belongs

stop blaming other people

there are people in your situation who

would not react negatively

how about that now

you know you'll notice a funny thing
happening to you
you'll think you're really going crazy
because you know what you're going to be
doing after a while seeking out the
company of people whom you avoided
before
because they created negative feelings
in you you're going to be saying let's
see if he creates a negative feeling
with me now he doesn't
he doesn't
that's glory kind of thing you're going
to be doing
you're going to go out into the lanes
the buttonholes and the the hedges and
bring in the lame and the crippled and
the blind and the dumb you're bringing
them all bring them
there's room for everybody remember that
sentence i said to you yesterday
to include the excluded
to return love for hate
easiest thing in the world
if you understand
that the negative feeling is in you
third step

don't ever identify with that feeling
that feeling isn't you
there's nothing to do with you
later we'll find out where it comes from
it's the result of your conditioning
it's humiliating to realize perhaps
that you were trained to react to that
way
you were trained to that way for
heaven's sake
all right that'll do let's take a
20-minute break
and then you can ask all the questions
you want this is the end of the fifth
tape
this is the sixth tape of the new york
conferences wake up to life by father
anthony demello
that was a four-point program wasn't it
and i gave you only three
i can see you're quite eager to get the
fourth point
it's very encouraging for the speaker
you know
all right so remember we said point one
identify
the negative feeling

if you would drop it
you would be happy you don't even need
to drop it to be happy
happiness
is your state of being
you don't have to do anything
to acquire happiness
the great meister econ
said very beautifully
god is not attained
by a process of addition
to anything in the soul
but by a process
of subtraction
you don't do anything to be free
you drop something
then you're free
reminded of the irish prisoner who dug a
tunnel
under the prison managed to escape
he comes out right in the middle
of a school
playground with his little children
playing and of course when he emerges
from the tunnel he couldn't restrain
himself anymore he began to jump up and
down said i'm free i'm free i'm free

and there was a little girl there who
looks at him scornfully and she says
that's nothing i'm for
so you drop something you drop your
prison cage and you're free you don't do
anything
you drop your illusions
and you're awake
you drop your attachments
and you are loved
you are sensitive
you are conscious
you're in touch with all of life
you drop your misconceptions
your negativities
and you have happiness
the other thing that you acquire isn't
happiness at all those are thrills
that's your drug and i'm sure it has
occurred to some of you to think
wouldn't it be a dull life with no
cravings
and no thrills
wouldn't that be dull that's right the
addict always feels
that life would be dull without the
drugs

when you taste it you'll understand so

step number one get in touch with those

negative feelings identify them

step

two

understand

that those feelings are in you

in the me

not in the external world

not in other people

step three

never identify the i

with those feelings

feelings come and go

just as i am not my thoughts

i am not my body cells

i am not my clothes i am not my name i

am not my profession

i am not these feelings i am not

depressed

depression exists right now

there within me

i observe it

i watch it

and let it be

stop trying to fix it let it be sorry

someday you will understand it

and that's the fourth point how about
change

how about changing things

how about changing ourselves

now there are many things you have to
understand here or basically just one
thing

but can be expressed

in many ways

imagine a doctor a patient goes to a
doctor

and tells the doctor

what he is suffering from

and the doctor says very well i've

understood your symptoms you know what

i'll do i'll prescribe a medicine for

your neighbor

and the patient replies thank you very

much doctor and that makes me feel much

better

isn't that absurd

isn't that absurd

that's what we're all doing

repeatedly people are doing this

the sleeper

always feels that he'll feel much better

if somebody else changes

you're suffering

because you're asleep

and you think how wonderful life would

be if somebody else changed

how wonderful life would be

if uh my neighbor changed my wife

changed my husband changed my boss

changed there's that lovely

zen

couplet

written by one of the great masters i

sometimes make an exercise out of it but

we're not going to have time to do it

here when we have these longer courses

of eight or nine days then we have can

afford that kind of luxury the man says

if my grumbling wife

were

alive tonight

i would have enjoyed

the sight of the moon

if my grumbling wife

had been alive tonight

how i would have enjoyed

the sight of the moon

[Laughter]

we better not go too deep into that one

well

we always want somebody else to change

so that we will feel good but has never

struck you

that if your wife changes

or your husband changes

what does that do to you

you're just as vulnerable as before

it's just as idiotic as before

you're just as asleep as before

it's you who need to change it's you who

need to take the medicine

so there's always the feeling of

i feel good because the world is right

wrong

the world is right because i feel good

that's what all the mystics are saying

when you awake

when you understand

when you see

the world becomes right

we're always bothered aren't we

by the problem of evil

that extraordinary powerful story

of the little kid

who's walking

in a jungle village

in africa

along the banks of a river

and sees a crocodile

who's been trapped in a net

the crocodile says

would you have pity on me and release me

i may look ugly but it isn't my fault

you know i was made this way

and whatever my external experi

appearance i've got a mother's heart i

came out this morning in search of food

for my young ones

and i got into this trap and the boy

says aha if i were to help you out of

that trap you'd kill me you'd grab me

and the crocodile says do you think i'd

do that to my benefactor and liberator

so the boy was persuaded and he took the

net off and the crocodile grabbed him

there he was caught between the jaws of

the crocodile and he says so this is

what i get for my good action and the

crocodile says

well don't take it personally son

this is the way the world is this is the

law of life

and the boy says this is not the way the

world is this is not the law of life

and the crocodile says you want to ask

someone

he says

he's a bird sitting up on a branch and

he says bird this is what the crocodile

says what have you to say the bird says

the crocodile is right look at me

i was coming home one day with food for

my fledglings

and imagine my horror as i was coming

back to my nest to see

a snake crawling up that tree making

straight for my nest

and i was totally helpless while it kept

devouring my young ones one after the

other

i kept screaming and shouting but it was

useless

the crocodile is right

this is the law of life

this is the way the world is

see said the crocodile come let's go

the boy said well let me ask someone

else

and the crocodile said all right

go ahead there was an old donkey passing

by the bank of that river and he said
donkey is this is what the crocodile
says is the crocodile right and the
donkey said the crocodile is quite right
look at me i worked and slaved for my
master all my life
and he barely gave me enough to eat and
now that i'm old and useless he has
turned me loose and here i am wandering
in the jungle waiting for some wild
beast to pounce on me and put an end to
my life
the crocodile is right
this is the law of life this is the way
the world is
see says the crocodile let's go the
boy said give me one chance one last
chance let me ask one other being
look how good i was to you so the
crocodile said all right
your last chance
and the boy sees a rabbit passing by and
he says rabbit is the crocodile right
the rabbit sits on its haunches and says
to the crocodile did you say that to
that kid
and the crocodile said yes i did

he said wait a minute now we've got to
discuss that
the crocodile said go right ahead
and the rabbit said how could we discuss
it if you've got that boy in your mouth
release him he's got to take part in the
discussion too the crocodile says you're
a clever one you are the moment i
release him he'll run away
and the rabbit said i thought you had
more sense than that
if he attempted to run away one slash if
your tail would kill him
fair enough said the crocodile so he
released the boy and the moment the boy
was released the rabbit said run
and he ran and escaped
then said the rabbit to the boy
don't you enjoy crocodile
flesh don't the people in your village
and wouldn't they like to have a good
meal you know something you didn't
really release that crocodile most of
his body is still caught in the net why
don't you go to the village and bring
everybody and have a banquet so that's
exactly what the boy did he went to the

village called all the men folk they
came with their axes and staves and
spears to kill the crocodile and the
boy's dog came with him and when the dog
saw the rabbit he gave chase caught hold
of the rabbit and throttled it
and

the boy comes panting
on the scene

too late

and as he watches the rabbit die he
says the crocodile was right

this is the way the world is

this is the law of life

and there's no explanation you could
give

that would explain away

all the suffering

and the evil

and the torture

and the destruction and the hunger

in the world

you never explain it

you're trying gamely

with your formulas religious

and otherwise you can never explain it

because life is a mystery

which means

your thinking mind cannot make sense out

of it

for that you've got to wake up

and you suddenly realize

that reality is not problematic

you are the problem

the scriptures are always hinting at

that but you will never get it

because you won't understand a word of

what the scriptures are saying till you

wake up

sleeping people read the scriptures

and crucify the messiah on the basis of

them

you've got to wake up to make sense out

of the scriptures

do you know something when you do wake

up they make sense

so there's reality

but you'd never be able to put it into

words

now

wouldn't you do something wouldn't you

swing into action of course you'd swing

into action

but we've got to make sure

that you're not swinging into action to
get rid of your negative feelings
am i making sense
lots of people swing into action
and only make things worse you know
because they're not coming from love
they're coming from negative feelings
they're coming from guilt
from anger from hate from a sense of
injustice or whatever
we got to make sure of that first
we've got to make sure of your
being before you swing into action
you got to make sure who you are before
we see what you do
and unfortunately when sleeping people
swing into action
they just substitute one cruelty with
another
one injustice with another and so it
goes on
meister reichardt
again
says so powerfully
it is not by your actions that you will
be saved or awakened
call it any word you want

but by your being

it is not by what you do

but by what you are

that you will be judged

cause

of what good is it to you to feed the

hungry and give drink to the thirsty and

visit the prisoners in jail remember

that sentence

i could give my body to be burnt and all

my goods to feed the poor but if i have

not love

ah

that's important not your actions not

your actions forget it

it's your being

then you might get into action or you

might not get into action

you can't decide that

till you know till you understand

till you're awake and unfortunately

all the emphasis is being put on

changing the world

and very little emphasis on waking you

up

when you wake up you will know

what to do or what not to do some of the

mystics are very strange you know like
that man jesus who says i wasn't sent to
those people
i just limit myself to what i'm supposed
to do right now
later maybe
some of them go into silence
mysteriously
some of them sing songs
some of them get into service we're
never sure
there's a law unto themselves
they know exactly what is to be done
get into the heat of battle
keep your heart and the lotus feet of
the lord as i said to you this morning
so
see what happens to us
when we're asleep
it's like
i said to you before
the world
is good
or the world is right because you feel
good
imagine that you're unwell
and you're in a foul mood

and they're taking you through some
lovely country side
beautiful landscape
but you're not in the mood for seeing
anything
another day you pass by the same place
and you say
good heavens where was i that i didn't
notice all of this
everything becomes beautiful
when you change
you're looking at the trees and the
mountains
through windows that are wet with the
rain and a storm
and everything looks blurred
and shapeless
and you want to go right out there and
change those trees and change those
mountains wait a minute
let's examine your window
when the storm ceases
and
the rain stops
and you look out of the window you say
well
how different everything looks

because we see people and things not as

they are but as we are

and it's so important to understand that

that is why when two people look at

something or look at someone

you get two different reactions

we see

things and people

not as they are

but as we are

remember that sentence about everything

turning to good

for those who love god

when you awake

you don't try to make good things happen

they just happen

they just happen

because you understand suddenly that

everything that happens to you is good

marvelous

so think of the people you're living

with and whom you want to change

you find them moody

inconsiderate

unreliable

treacherous

or whatever

when you are different

they will be different

that's an infallible and miraculous

your

the day you are different

they will become different

you will see them differently

he seemed so terrifying

he's actually frightened

she seems so rude

i

am actually

frightened

or whatever we suddenly see things

differently

all of a sudden

no one has the power to hurt you anymore

no one has the power

to put pressure on you

it's a marvelous thing

you're putting pressure on me

you know it's something like this it's

like you leave a book on the table and i

pick it up and i say you're pressing

this book on me

not putting any book on me you're doing

your thing

it's up to me to pick it up or not to

pick it up

but people never understood that

they're so busy accusing everybody else

blaming everyone else

blaming life

blaming society

blaming their neighbor

you never change that way you continue

in your nightmare

you never wake up

so

if you would put this program into

action as i said to you this morning a

thousand times

a identify the negative feelings

b

understand that they are in you

not in the world

not in external reality

see

do not say that that is an essential

part of i

these things come and go

d

understand that when you change

everything changes

that still leaves us with the big

question

how do i

change

do i do anything to change myself

i'm going to leave that for a little

later let me give you a two minute

exercise

give you a little discussion

field a few questions because i've done

so much talking this morning

then we'll move on to do i do anything

to change myself got a big surprise for

you lots of good news even better news

you don't have to do

anything

the more you do the worse it gets

all you have to do

is understand

what you understand will change

will always change

but uh more about that

later

after this little exercise this sounds

like a commercial almost doesn't it

now

let's try this one

get in touch with yourself

for a few seconds

become aware of your presence in this
room

become aware of the kind of thoughts
that are going on within you

think of somebody

you're living with or you're working
with

whom you do not like

who causes negative feelings to arise
within you

now let's help you to understand that
to understand what's going on
first

the first thing you need to understand
is

that the negative feeling is in you

you are responsible for the negative
feeling

not the other person

somebody else in your place

will be perfectly calm and at ease

in the presence of this person

wouldn't be affected

you are

now understand another thing

you're making a demand there

you have an expectation

of this person

can you get in touch with that

now say to this person

i have no right

to make any demand

on you

because as you say that

you will drop your expectation

i have no right

to make any demand

on you

oh i protect myself

from the consequences of your actions or

your moods or whatever

but you could go right ahead and be what

you choose to be

i have no right to make any demands on

you

see what happens to you when you do this

and if there's a resistance to saying

that

my how much you're going to discover

about your me

haha

let the dictator come out

let the tyrant come out

you thought he was such a little lamb

did you

i'm a tyrant you're retired

little variety from i'm an ass you're an

ass

i'm a dictator you're a dictator

i want to run your life for you i want

to tell you exactly how you're expected

to be and how you expect it to behave

and you'd better behave as i have

decided you have to behave or else

i shall punish myself by having negative

feelings

that sounds so wise doesn't it

remember what i told you everybody's a

lunatic

now you're catching on

okay give it a few seconds more

when we call a false to the exercise

that will do okay let's have those

questions do you have any questions yes

yesterday when i got home

i found out that my son got the reward i

mean an award from his

high school he got

an award for

excellence in sports and

academics

happy for him

that he did that

but i was almost tempted to say no glory

in that

award because it's setting you up for

the time when you cannot perform as well

so i'm a dilemma right now

hopefully he'll learn

as you yourself grow in wisdom

it's not a matter of anything you say to

him

but something that

eventually you will become

and he will understand then you will

know what to say

and when

that award

the result of cruelty

the result of competition

built on hatred

of oneself

and of others

ever thought of that

you get a good feeling

on the basis of somebody getting a bad

feeling
you win over somebody else
isn't that terrible
taken for granted in the lunatic asylum
there's an american doctor
who wrote about the results of
competition on his life
he said he went to medical school in
switzerland
and he said there was a very large
contingent of americans at that school
he said some of us went into shock
when we realized
that there were no graves
and there were no awards
and there was no marks list
there was no first or second rank
at medical school
you either passed or you did not
so he said some of us simply couldn't
take it
we became
kind of paranoid we thought there must
be some kind of a trick here
and he says they couldn't take it so
they went to another university they
went to another school he said those of

us who survived that
suddenly discovered a strange thing that
we had never noticed at our american
universities
students
brilliant ones helping one another to
pass
sharing notes
hey you might want to read this
he says my son goes to medical school in
the states now
and he tells me that in the practicals
people frequently skew up the microscope
so that it'll take the next guy three or
four minutes to rearrange it
they've got to get ahead
competition
they've got to succeed
they've got to be perfect and he tells a
lovely little story which he says is
real
but it could serve as a beautiful
parable
of a little town in the states
where people gathered off an evening to
make music
you had a

a saxophonist and a drummer and a
violinist and mostly old people they got
together for the company and for the
sheer joy of making music so they didn't
make it very well why do you have to do
things well
do them enjoyably not well
so they were enjoying themselves having
a great time till they decided they'd
get a new conductor who had a lot of
goal and a lot of ambition
and a lot of drive and he said hey folks
we've got to make a concert we've got to
prepare a concert for the town so then
he gradually got rid of some of the
people who didn't play too well
hired a couple of musicians
got an orchestra into shape and they got
their names into the newspaper wasn't
that wonderful
and then they decided they'd go to the
big city and play there
and some of the older people had tears
in their eyes as they thought
well
it was so wonderful in the old days
when we did things badly and enjoyably

cruelty came in but nobody recognized it

as cruelty

how luna's lunatic people have got oh oh

all right

what's the meaning of that sentence i

added

about

i protect myself you go ahead and be

yourself that's all right but i'll be

myself in other words i won't allow you

to manipulate me

i live my life

i go my way

i leave myself free

to think my thoughts

and to follow my inclinations and my

tastes

and i'll say no to you

and if i think i don't want to be in

your company that'll be fine but it

won't be

because of any negative feelings that

you cause in me because you don't

anymore

you don't have any more power over me

but i just might prefer other people's

company

and when you say to me how about a movie

tonight and i say sorry i want to go

with someone else i enjoy his company

more than yours that's all right

just say no to people

that's wonderful

that's part of waking up

part of waking up is that you would live

your life as you see fit and understand

that that is not selfish

the selfish thing is to demand that

someone else live their lives as you see

fit ah that's selfish

my that's a

big sentence to take in

in a few minutes you probably need a

whole day for that

it is not selfish to live your life as

you see fit

the selfishness lies in demanding that

someone else live their life

to suit your taste

or your pride

for your profit

or your pleasure that is selfish indeed

so i'll protect myself

i don't feel obligated to be with you i

don't feel obligated to say yes to you
if i find that your company is pleasant
fine i'll enjoy it without clinging to
it
and i no longer avoid you
because of any negative feelings you
create you don't have that power anymore
many other hands going off yes
is
well it all depends on what you mean by
surprise
when you don't expect something and it
happens you feel surprised but i think
what you are describing there john is a
thrill
would you be thrilled
i doubt it you wouldn't want drugs
anymore if you lose your taste for them
every minute is so enjoyable
that you wouldn't go in for kicks you
know the way some people just don't have
a taste for drums
others do
oh surprise means
gee i i didn't expect that today's
session would be cancelled it was i'm
surprised

as webster is reported to have said to

his wife

i think she

said

she caught him kissing the maid

and she said she was very surprised

now webster who was a stickler for

using words accurately understandably he

wrote a dictionary he said no my dear i

am surprised

you are astonished

[Laughter]

this is the seventh tape of the new york

conferences wake up to life

by father anthony demello

yes how many people are asking questions

about what will happen when we wake up

why bother let's wake up

does it matter

to you so much that you'll be awakened

that's awful

you know what you're going to do now

you're going to make that a goal

and you're going to be determined to get

there

and you're going to say i refuse to be

happy

until i'm awakened

so

it's okay to be the way you are

and be aware

of the way you are because awareness

is

happiness

but you won't understand that right now

probably

and you will understand

that you reacted so quickly

because you were not aware

and you'll understand that there are

times when you react even in awareness

but as awareness grows

you react less

and you act

more

you come less

from here

and more from here

and it really doesn't matter

you know there's the story of a disciple

who says to his guru

that he's going to go

to some place and meditate and hopefully

attain enlightenment

so he sends him a note every six months
to report the progress that he's making
and the first report says
now i understand what it means to lose
the self the guru thought that up and
through it in the waste paper basket
then he gets another report after six
months which says
now i have attained the sensitivity to
all beings drawn up
then another report says now i
understand the secret of the one and the
many torn up
and so it goes on for years until
finally no reports come in
no more reports so the guru becomes
curious and one day when there's a
traveler going by that side he says to
him why don't you find out what happened
to that guy
and he gets a note from the guy saying
what does it matter and when the guru
gets that he says no he made it he made
it he made it he got it he got it
another one about the soldier who on a
battlefield
would drop his rifle and pick up a scrap

of paper and look at it and then he
would let it fall from his hands it
would flutter to the ground and then
he'd go somewhere else and pick up a
scrap of paper and let it
fall to the ground and they said this
man's exposing himself to death he needs
help so they put him in hospital they
get the best psychiatrist to work on him
but it seems to have no effect he
wanders around the wards he picks up
scraps of paper he looks at them idly
lets them flutter to the ground
in the end they say we got to discharge
this guy we got to discharge him he you
know so they call him in
and they they give him a certificate
kind of discharging him and he picks it
up id looks it he says this is it

[Music]

that's right

[Music]

what does it matter

so

begin to be aware of your present

condition whatever that condition is

stop being a dictator i'll have to talk

about that this afternoon and trying to
push yourself anywhere
and someday you will understand how in
that awareness
you
have attained it but you didn't know it
but that will come gradually
be aware and i'll explain to you this
afternoon how awareness will bring the
change
where this compassion come and where
does guilt come in you'll know when
you're awake
if you're guilty right now how on earth
did i explain that to you
and how would you know what compassion
is
you know sometimes people want to
imitate christ
when a monkey plays the saxophone that
doesn't make him a musician
it really doesn't
you can't imitate christ
by imitating his external behavior
you've got to be christ then you know
exactly what to do in a given situation
given your temperament given your

character given your situation given the
character and temperament of the person
you're dealing with you know exactly
what to do no one can tell you
but for that you must become
you must be what christ was
you will know but merely external
imitation will get you nowhere you may
think that compassion is softness
there's no way i could describe
compassion to you there's absolutely no
way
compassion can be very hard
compassion can be very rude
compassion can jolt you compassion can
roll its sleeves up and operate on you
there are all kinds of things compassion
can be very soft there's no way of
knowing
it's only when you become
love in other words when you have
dropped your illusions and your
attachments
that you will know
as you identify less and less with the
me
you're more at ease with everybody and

with everything do you know why
because you are no longer afraid of
being hurt
or not liked
or being left
and you no longer desire to impress
anyone
can you imagine the relief
when you don't have to impress anybody
anymore
oh what a relief
happiness at last
and as i said to you this morning
you don't feel the need or the
compulsion to explain anything anymore
it's all right what's there to be
explained
and you don't feel the need or the
compulsion to apologize anymore
what could you expect of an ass
he behaved like an ass
now what i need to tell you or well you
don't even feel the need to say that but
if anything had to be said i'd much
rather hear you say you know i've come
awake
then hear you say i'm sorry

i'd much rather hear you say to me
i've come awake since we last met
won't happen again
then to hear you say i'm so sorry why
would i demand an apology from you ever
thought of that
why would anyone demand an apology
ah there you've got something to explore
you thinking of someone
mean to you
nobody was mean to you you missed that
somebody was mean to what he thought or
she thought was you
but not you
nobody ever rejects you
you're just rejecting what they think
you are
if you choose to pick that up that's
your responsibility
but that cuts both ways you know nobody
ever accepts you either
ever thought of that one
until somebody is awake
that's the way they're behaving
they are accepting or rejecting their
image of you they've fashioned an image
of you

and they're rejecting that or they're
accepting that
be devastating to go deeply into that a
bit too liberating
very liberating
somebody talked about compassion
how easy it is to love people when you
understand it
how easy it is to love everyone
when you don't identify
with this
or what they think this is
you don't identify
so
so easy to love them
to love everybody
yes did you uh understand me to say
the thinking i and the feeling me
oh
i observing
me but not thinking because me does a
lot of bad thinking and good thinking
too
but when i
watches me
i
is constantly aware

this is a reflection

in reality you don't really think of i

and me

in reality you're like that driver

driving the car who doesn't want to lose

consciousness of the car ever

now are you telling me you want to go

unconscious sometimes

that's all right to dream

it's all right to have day dreams

but never lose consciousness of your

surroundings

you're always alert you know it's like a

mother who would be sleeping

she doesn't hear the planes roaring

above the house but she hears the

slightest whimper of the baby she's

alert

she's awake

in that sense that's what i mean so you

probably didn't quite get what i was

hinting at or maybe i didn't explain it

clearly enough when a person's awake the

person's awake

let's get there

then we'll know

one may not say anything about the

awakened state

one can only talk about the sleeping

state

one hints at the awakened state

one may not say anything about happiness

happiness cannot be defined

what can be defined is misery

unhappiness

drop that and you will know

love cannot be defined

unloved can

drop unloved

drop fear

and you will know

another hand up there yes

yes

did anybody hear me say i don't favor

meditation no that's all right

meditation's okay

in fact that's what i'm recommending the

whole time yes

that's a good one wouldn't this cause

pay the people around you who are still

asleep

you're causing a lot of pain when you

are asleep you know

plenty of it

you want everybody to be awake

good meaning yourself too

now that's a good place to start

okay

oh you don't want to be awake

oh you are congratulations

you'll know when you wake up

everybody's asking questions on what

will happen when they arrive

very few are really

is this curiosity that's the word

curiosity

it doesn't matter

what's important is that you would have

grasped what i'm saying

but we're always asking how would this

fit into that system

or

would this make sense in that context

or

what will it feel like when we get there

get started you'll know

it cannot be described

we cannot say

and so it is said so widely in the east

those who know

do not say

those who say

do not know

it cannot be said

only the opposite can be said

the guru

cannot give you truth

as i shall explain to you sooner or

later

truth cannot be put into words

you have a formula

that isn't the truth

that isn't

the reality

reality cannot be put into a formula

the guru can only point out your errors

when you drop your errors

you will know truth

and then you cannot say

this is common teaching

among the great catholic mystics

the great thomas aquinas

who towards the end of his life i

thought he kept that famous silence of

his for just a couple of months or

something it went on for years

he wouldn't write he wouldn't talk he

had seen

and he realized that he had made a fool
of himself and he said so explicitly
it's like if you've never tasted a green
mango
which are in a found in abundance in my
country
and you said to me what does it taste
like
and i'd say to you
and in giving you a word i put you off
the track
try to understand that
unless you're very wise which most
people are not
they seize upon the word
they cease upon the words of scripture
and they've got it all wrong
sour and you say vinegar sour oh no no
not vinegar
you say lemon sour you say no no not
lemon salad what's up mango style
but i've never tasted one too bad then
you go ahead and write a doctoral thesis
on it
you wouldn't have if you had tasted it
you really wouldn't
you would have written a doctoral thesis

on other things but not on this
and the day you taste the green mango
you say god i made a fool of myself i
shouldn't have written that pieces
exactly what thomas aquinas did
he uh read a whole book
written by a great german philosopher
and theologian precisely on the silence
of saint thomas
he just went silent that's all he
wouldn't talk
wouldn't talk
the great foundation of his summa
theologica which was the summary of all
his theology in the prologue he says
about god
we cannot say what he is but rather what
he is not
and so we cannot speak
about
how he is but rather how he is not
and then he talks in his famous
commentary of boeishes
the trinitati
on the trinity and he says there are
three ways of knowing god
one in his creation

two

in his action

through creation and the highest form of

the knowledge of god

is

to know him tam quam ignatum to know

that one does not know

the highest form talking about the

trinity

to know

that one does not know

now this is not an oriental zen master

this is a canonized saint of the roman

catholic church

the prince of theologians for century

who's talking

to know him as unknown and in another

place he says as unknowable

i'll explain that to you possibly this

afternoon

why

reality

god

divinity

true

love is unknowable

meaning

cannot be comprehended by the thinking

mind

i'll explain that to you

i'll show you why it is so and that will

set at rest so many questions that

people would have

because we're always living under the

illusion that we know

we don't

we cannot know

what then is scripture a hint

a clue

not a description silly

the fanaticism

of a sincere believer

causes more evil

than the united efforts of 200 roles

it really does

it's terrifying to see

what sincere believers will do

because they think they know

you don't

wouldn't be wonderful if we had a world

where everybody said we don't know

wouldn't that be marvelous

we don't know

a man born blind who comes to me and

says what is this thing called reality

or rather what's the color green

what's the color green light

and

how does one describe the color green

to someone who is born blind

one uses an allergy

one says you know the color green

it's something like uh

like soft music

he says oh something like soft music

yeah soothing soft oh okay

another guy comes to me and says what's

the color green like i say you know it's

something like soft satin

very soft to the touch and soothing he

says oh i see the next day i know

they're bashing each other over their

head with bottles one saying it's it's

it's soft music the other one says it's

the saturn and so it goes on and neither

of them knows a thing of what they're

talking about because if they did they'd

shut up

it's as bad as that

and it's even worse

because one day

you restore sight to this man
and he's sitting there in the garden
and he's looking all around him
and i say to him
well now you know what the color green
is he says that's right i heard some of
it this morning
that's what the gospels are saying
they knew so they got rid of him
the highest knowledge of god
is to know god as unknowable
it's far too much god talk
the world is sick of it
there's too little awareness
too little love
too little happiness oh let's not use
those words either
there's too little dropping of illusions
dropping of errors
dropping of attachments and cruelty
too little awareness
that's what the world is suffering from
not lack of religion lack of awareness
lack of waking up that's what religion
is all about that's what it's supposed
to be about
look what we degenerated into

come to my country and see them killing

one another

you find it everywhere

this is what it ended up in

so

the one who knows

does not say the one who says

does not know

all revelations however divine

are never anything more

than a finger pointing to the moon

and as we say in the east

when the sage points to the moon

all that the idiot sees

is the finger

very

pious

orthodox catholic writer in france

adds a terrifying

comment we frequently use the finger to

gouge our eyes out

isn't that terrible

so

awareness

awareness

awareness

in awareness

is healing

in awareness

is truth

in awareness is salvation

in awareness is spirituality

in awareness is growth

in awareness is love

in awareness is awakening

awareness

i talked to you

so far about awareness

of what goes on in the self

the me

why it is

that when we look at a tree we really

don't see it we think we do but we don't

when we look at a person

we don't really see that person

we think we do

what we're seeing

is

something that we fixed in our

minds we get an impression we hold on to

that impression

and we keep looking at that person

through that impression

and we do this with almost everything

if you understand
that then you will understand the
loveliness and beauty
of being aware also
of everything around you
because reality is there
god whatever that is is there it's all
there
the little fish in the ocean excuse me
he says
i'm looking for the ocean
could you tell me where i could find it
pathetic isn't it
so
if we would open our eyes and see and
realize
then we would understand
let's get back to that business of me
and i
there's that marvelous sentence in the
gospels
and
well one finds it in most religious
literature and all religious and
spiritual literature mystical literature
about dying
to the self

about denying

oneself

about

losing

the self remember

all right

how does one lose oneself

ever tried ever tried to lose something

that's right the harder you try

the more difficult it gets if you really

want to lose it as she says very well

when you're not trying then you lose

things

you lose something

when you're not aware

you drop it

oh how does one die to the self

we're talking about death now we're not

talking about suicide we're not told to

kill

the self but to die

and to deny the self

does that mean one causes pain to the

self

one causes suffering to the self but

that would be self defeating that would

be counter productive you're never so

full of yourself as when you're in pain
you're never so centered on yourself
as when you're depressed
you're never so ready to forget yourself
as when you're happy
happiness releases you from the self
it's suffering and pain and misery and
depression that ties you to the self
look how full you are of your tooth when
you have a toothache
when you have no toothache you're not
even aware you've got a tooth
or that you've got a head for that
matter when you have no headache
but it's so different when you have a
splitting headache so it's quite false
quite erroneous to think
that the way to deny the self is to
cause pain to the self to go in for
abnegation
mortification as it was traditionally
understood
and to cause suffering
to deny
the cell
die to it
to lose it

is to understand its true nature
and it will disappear it will vanish
i frequently give the example
of somebody who walks into my room one
day
and i say come right in
uh may i know who you are
he says i am
napoleon
and i say not nepal precisely bonaparte
that's right
emperor of france what do you know
and i'm thinking to myself i'd better
handle this guy with care
sit down your majesty says i
so he sits down
and i say what can i do for you
and he says uh
well they tell me you're a pretty good
spiritual director and i've come up with
a spiritual problem i'm anxious i'm
finding it's hard to trust in god
because i've got my armies in russia see
and i'm spending sleepless nights
wondering how it's going to turn out and
i say well your majesty i could
certainly propose something for that

what i suggest is that you read matthew

6 you know look at the birds of the air

look at the lilies of the field they're

not anxious they're not worried by this

stage you're wondering by the time we

get to this stage you're wondering who

is crazier he or i

but i'm going along with this lunatic

see

that's what the wise guru does with you

in the beginning he goes along with you

he takes your trouble seriously

he'll wipe a tear or two from your eye

because you're crazy but you don't know

it is yet

the time soon has to come when he'll

pull the rug from under your feet and

tell you get off it you're not napoleon

in those famous dialogues of catherine

of siena

god has reported to sata to have said to

her

i am he who is

you are she who is not

ever experienced your is not-ness

in the east

we have an image for this

the image of the dancer and the dance
god is viewed as the dancer
and creation as his dance
it isn't as if he is the big dancer and
you are the little dancer oh no no no no
no you got it all wrong
another dancer at all you are being
danced
ever experienced that
when this guy comes to his senses and
realizes that he is not napoleon he does
not cease to be he continues to be
but he suddenly realizes that he is
something other than what he thought he
was
is that clear he realizes
that he is something other
than what he thought he was
to lose the self
is to suddenly realize that you are
something other than what you thought
you were
you thought you were center
now you experience yourself as satellite
you thought you were dance dancer you
now experience yourself
as

danced

now these are analogies

these are images you cannot take them

literally they just give you a clue they

give you a hint they're pointers don't

forget so you cannot press them too much

don't take them literally

i'll come back to this idea again when

we come back to the scriptures

the scriptures are mystical poetry

they're not scientific descriptions

but more about that when we come to the

bible

so the loss of the self

when you understand

who

what you are

the self the illusory self is lost

as a step to attaining that to moving

towards that

i suggest this

again this is a kind of an imagery now

don't go around imagining that this i is

another guy

and me is another person no no no no no

these are ways of talking

but as you begin to understand

the transitory nature the transient

nature of all these things that they

keep attributing to you

you dissociate yourself increasingly

from them

that's about the best you can do i think

to prepare the ground for the loss of

the self

for the death to the self

to move on to another idea this whole

matter of one's personal worth

self-esteem

self-worth

where do you get it from

do you get it from success in your work

you get it from having a lot of money

do you get it from attracting a lot of

men if you're a woman or a lot of women

if you are a man

how fragile that is

how transitory

and when we talk about self-worth

are we not talking

really

about how we are reflected in the

mirrors of other people's minds

do we need to depend on that

one understands one's worth again a way
of talking when one no longer identifies
or defines oneself
in terms of these transient things
one no longer does that
i'm not beautiful because everyone says
i'm beautiful
i'm really neither beautiful nor ugly
these are things that come and go
i could be suddenly transformed into a
very ugly creature tomorrow
but i
is still i
and then again after plastic surgery i
become beautiful does the eye really
become beautiful see you'll need to give
a lot of time to reflect on these things
i've sort of thrown them at you in rapid
succession but if you would take time
out to understand what i have been
saying to dwell on it
my
you have
a gold mine
there
i know
because when i stumbled upon these

things what a treasure i discover
and to summarize some of that stuff i
was giving you this morning you know i
put it in a simple sentence

pleasant experiences

make

life delightful

painful experiences

lead to growth

pleasant experiences

make life

delightful they don't lead to growth in
themselves

what leads to growth is painful

experiences

suffering points up

an area in you

where you have not yet grown

where you need to grow and be

transformed and changed

just as physical pain

points to an illness in your body

if you would know how to use that

suffering oh how you would grow

let's limit ourselves for the time being

to psychological suffering to all those

negative emotions

don't waste a single one of them
i told you this morning in that four
point program
what you could do with these emotions
that disappointment you experienced
when events don't turn out as you wanted
them to
watch that what does that say about you
but without condemnation or you're going
to get caught up in self-hate now or
self-dislike observe it as you would in
another person
look at that disappointment
that depression you experience when you
are criticized what does that say about
you
how much you will learn
that anxiety you experience
that worry
ever heard about the guy who says who
says worry doesn't help it certainly
does every time i worry about something
it doesn't happen
so it certainly helped him or the other
one who says
he says the neurotic is a person who
worries about something that did not

happen in the past not like us normal
people who worry about things that will
not happen in the future
that's it that worry that anxiety what
does it say about you
what's happening to you
so if you would use this negative
feeling every negative feeling every
psychological suffering for awareness
for understanding for dissociating from
the feeling and watching it from outside
in the beginning
the depression will still be there
but you will have cut your connection
with it
gradually you will understand the
depression
as you understand it
it will keep coming less frequently
and will disappear altogether
maybe but by that time it won't matter
too much
before enlightenment i used to be
depressed after enlightenment
i continue to be depressed
wakefulness
that's

where you are likely to get

gradually or rapidly or suddenly

the state of wakefulness which is the

state where you drop desires but

remember what i said i meant by desire

craving meaning unless i get what i

desire i refuse to be happy i've made my

happiness depend on the fulfillment of

this desire desire in this sense

to drop desire

to drop illusion

not to suppress desire because then

you'd become lifeless you'd be without

energy that would be terrible

desire in the healthy sense of the word

is energy and the more energy we have

the better that's marvelous that's

wonderful

so don't suppress that now

understand it

understand it

don't seek to fulfill the desire so much

as to understand the desire and don't

just renounce the objects of your desire

understand them

see them in their true light

see them for what they are really worth

because if you just suppress your desire
and you attempt to renounce the object
of your desire you're likely to be tied
to it

whereas if you look at it and see it for
what it is really worth
if you understand
how you are preparing the ground for
misery and disappointment and depression
your desire will then be transformed
into what i called a preference
remember

you've got a baby boy oh i'm quite happy
because that was my second choice
remember now when you go through life
with plenty of preferences
but you don't let your happiness depend
on any one of them
then you're awake

you're moving towards wakefulness
and then

dropping your illusions

this is the end of the seventh tape

this is the eighth tape of the new york

conference's wake up to life

by father anthony demelo

wakefulness

happiness call it what you wish
is the state of non-illusion
where you see things
not as you are but as they are
in as much as this is possible to the
human being
to drop illusions
illusions to see
things
to see reality
every time you are unhappy
you have added something to reality
it is that addition
that makes you
unhappy
i'll repeat that
you have added something
there is a negative reaction in you
reality provides the stimulus
you provide the reaction
you have added something
and if you examine what you have added
there's always an illusion there
there's a demand
an expectation
a craving
always

examples of illusions they are bound but
as you begin to move ahead along this
path you will discover them for yourself
for instance
the illusion
the error of thinking
but that by changing the exterior world
you change
you do not change
if you merely change your exterior world
if you you get yourself a new job
or a new spouse
or a new home
or a new guru
or a new spirituality that doesn't
change you
it's like imagining that you change your
handwriting by changing your pen
or that you change your capacity to
think
by changing your hat
that doesn't change you really
and most people spend all of their
energy attempting to rearrange the
exterior world
to suit their tastes
and sometimes they succeed you know for

about five minutes

and they get a little respite and they

are tense even during that respite

because life

is always flowing

life is always changing

and if you want to live

you must have no permanent abode

you must have nowhere to rest your head

you have to flow with it

as the great confucius says

the one who would be constant in

happiness

must frequently change

flow

but we're looking back are we not and

clinging to things in the past and

clinging to things in the present

when you set your hand to the plow

you may not look back

you want to enjoy a melody you want to

enjoy a symphony don't hold on to a few

bars of the music now

don't hold on to a couple of notes let

them pass

let them flow

the whole enjoyment of a symphony

lies
in your readiness
to allow the notes to pass
whereas if a particular bar were to take
your fancy and you would shout to the
orchestra to keep playing it again and
again and again
that wouldn't be a symphony anymore
are you familiar with those tales of
nasrud bin there's one tale of nasruddin
the old mullah
he's a kind of a legendary figure the
greeks the turks the persians they all
claim him for themselves so there he was
he would give his mystical teachings in
the form of stories generally funny
stories and the butt of the story was
generally old nasrud then himself so
nasrud then was one day strumming a
guitar or he was playing one note
and after a while a crowd collected
around him this was in the marketplace
and one of the men there in the crowd
said that's a nice note you're playing
mullah
but
why don't you vary it a bit like the

other musicians

nasruddin says

those fools

they're searching for the right note i

found it

when you cling

life gets destroyed

when you hold on to anything

you cease to live

it's all over the gospel pages

and one attains this my dears

by

understanding

understand

understand

another illusion

that happiness is not the same as

excitement

it's not the same as thrills

that's another illusion

a thrill comes from the fulfillment of a

desire of a craving

it breeds anxiety

and sooner or later it brings its

hangover

when you have suffered sufficiently from

this

then you're ready

to see it

you're feeding yourself on thrills this

is like feeding a race horse with

delicacies

you're giving it cake and wine

you don't feed a race horse on that

this is like feeding a human being on

drugs

you don't fill your stomach on drugs you

need good solid nutritious food and

drink

now you need to understand this for

yourself and there is another illusion

that someone else can do this for you

that some savior or guru or teacher can

do this for you

not the greatest guru in the world

can take one step for you you've got to

take it yourself

saint augustine says so marvelously

jesus christ himself could do nothing

for many of his hearers

or as i said to you the other day that

lovely arab saying

the nature of the rain is the same

and yet it produces thorns in the marsh

and flowers in the garden

it is you who have to do it

no one else can help you

it is you who have to digest your food

it is you

who have to understand

no one else can understand for you it is

you who has to see

nobody can see for you

and if what you seek is truth

then you must do this you can lean on no

one

or another illusion the illusion that it

is important

to be respectable

it is important to be loved

and to be appreciated

it is important to be important

that we have a natural urge to be loved

and to be appreciated and to belong

that's false

drop your illusion and you will find

happiness

we have the natural urge is to be free

the natural urge is to love

as i shall explain later

but not to be loved

you know sometimes i get a client in
some of my psychotherapy sessions
and one very common problem is
nobody loves me how could i be happy
and i explained to him
or her
you mean you never have any moment when
you forget the fact that you're not
loved and you let go and you're happy
of course she has
she goes to a movie and she's all
absorbed in the movie
and it's a comedy and she's roaring with
laughter and in that blessed moment
she's forgotten to remind herself nobody
loves me nobody loves me nobody loves me
nobody loves me and she's happy
and she comes out of that theater
with her friend
and her friend goes off with her
boyfriend her own boyfriend and this
girl's all alone and she thinks all my
friends have their boyfriends i've got
no one i'm so unhappy nobody loves me
this is like in india
lots of our poorer people are beginning
to acquire transistors which is quite a

luxury everybody got a transistor i
don't have a transistor i'm so unhappy
but until everybody acquired their
transistor you were perfectly happy
without one
until somebody told you that you
wouldn't be happy unless you were loved
you were perfectly happy
you become happy not by being loved my
dears which means by being desired by
being attractive to someone that's what
you mean by being loved
you become happy by contact with reality
that's what brings happiness
by a moment to moment contact with
reality
that's where you find god
that's where you find happiness
but most people are not even ready to
hear that
all right what can one do
another illusion
the belief
that reality external events have the
power to hurt you
that other people have the power to hurt
you they don't

it is you who give it to them

another illusion you are all those

labels that people have put onto you or

that you have put on to yourself

you're not

you're not

so you don't have to cling to them

you know the day somebody tells me i'm a

genius and i take that seriously i'm in

big trouble

can you understand why because i'm going

to be tense now i got to live up to it i

got to maintain it i got to keep it i

got to find out after every lecture did

you like the lecture do you still still

think i'm a genius see

so what you need to do is smash it

smash it and you're free

don't identify with those labels

that's what he thinks

that's how he experienced you at that

minute are you a genius are you a nut

are you a mystic are you crazy does it

really matter provided you continued to

be aware

and you continued to live life

from moment to moment

how marvelously described in those words

you want to know who the mystic is

you want to know who the awakened person

is

look at the birds of the air

look at the lilies of the field

they do not toil

they do not spin

they do not gather up into barns

so why are you anxious

can you for all your anxiety add a

single moment to your life

why bother about tomorrow

is there a life after death will i

survive death with why bother

about tomorrow

get in to today

someone said life is something that

happens to us while we're busy making

other plans

that's pathetic

live in the present moment

now this is one of the things that you

will notice will happen to you as you're

coming awake you are

living in the present

you are tasting every moment as you live

it

another fairly good sign

you're hearing the symphony one note

after the other

that brings me

to what i said i would talk to you about

you could call it another scene

another topic

but it ties in very much

with what i've been saying this morning

and right now awareness the things we

add

to reality

let's take that one step at a time are

you tired

is it all right for me to go on to this

next topic i go on for a little while

then give you a break you stand up and

chat etc now

father fitzpatrick who's here

told me the other day

how he gave a talk

here in new york

when there was this years ago

got himself into time magazine because

he gave a talk when the puerto ricans

were very unpopular because of some

incidents that had happened here
everybody was saying all kinds of things
against the puerto ricans etc and he
sort of gave a lecture somewhere here in
new york where he said
well let me read to you some of the
things that the people of new york were
saying about certain immigrants
and he was reading things that people
were really saying about the irish
and about the germans and about every
new wave of immigrants that came in
i remember he put it very well that day
at dinner he said
these people don't bring delinquency
with them
they become delinquents when they're
here
when they're faced with certain
situations we've got to understand that
if you want to cure the situation it's
useless reacting from prejudice you need
understanding
you don't need condemnation
not by saying you dirty old sinner
no no no no what's going on understand
awareness

but in order to get awareness you've got

to see

and you cannot see if you're prejudiced

now i got news for you

almost every thing and person that we're

looking at we're looking at in a

prejudiced

way

it's almost enough to dishearten anybody

take my friend

i meet him

after a couple of years

and i say hey

tom it's good to see you and i give him

a big hug

whom

am i hugging

the guy here

or my memory of him

a living human being

or a corpse

i'm just assuming

that he's still the attractive guy that

i thought he was

i'm just assuming

that he still fits in with the idea i

have of him with my memories and

associations etc so i give him a hug

five minutes later i find he has changed

i got no interest in him

hug the wrong person

you want to see how true this is listen

i get this from religious communities in

india

sister goes to make a course

or she goes for a

retreat everybody in the community is

saying oh we know

you know

that's part of her charism she's always

attending workshops and going to

retreats nothing will ever change her

now it so happens that sister does

change at this particular workshop or

therapy group or whatever it is she

changes everyone notices the difference

everyone says my

you really come to some insights haven't

you and she says yes and she has and

they can see the difference in her

behavior you can see it in her body you

can see it in her face

you always do when there's an inner

change it always registers in your face

in your eyes in your body
well now sister goes back to the
community
and since the community has got a
prejudiced meaning
fixed idea about her
they're going to look at her
through the eyes of prejudice
they've got a picture of her stuck on
their window
and they're looking at her through that
picture
and they're the the only ones who don't
see any change you know what they say oh
well
you know she seems a little more heighty
flighty and a little more cheerful but
just hang around she'll be depressed
again
and you know something within a couple
of weeks she's depressed again
she's reacting to their reaction and
they all say see
we told you so she hadn't changed
but the tragedy is that she had only
they didn't see it
what is

a relationship

ready for a bombshell hold on to your

seats

whatever a relationship may be

it certainly entails two things

clarity of perception

in as much as we are capable of it

some people would dispute to what extent

we can attain this clarity of perception

but i don't think anyone would dispute

that it is desirable that we move

towards it clarity of perception

accuracy of response

you're more likely to respond accurately

when you perceive clearly

when your perception is distorted

you're not likely to respond accurately

tell me

how can you love someone

whom you do not even see

let's make it worse

do you really see someone you're

attached to

do you really see someone you're

attached to

do you really see someone you're afraid

of

and therefore dislike
because we always hate
what we fear
and i told you you have to be very
careful with sentences of scripture
because if you're sleeping you would
very easily misunderstand it
the fear of the lord
is the beginning of wisdom people say to
me sometimes hey wait a minute i hope
you're understanding what you're saying
because we always hate
what we fear
we always want to destroy and get rid of
and avoid
what we fear
when you fear somebody
you dislike that person in as much as
you fear the person
and you don't see that person
your emotion gets in the way
but that's just as true
when you are attracted to someone
when love enters
you're going to find this hard to
believe
you no longer like and dislike people in

the ordinary sense of the word

you see them clearly

and you respond accurately

oh at this level

this will go on your likes and dislikes

and preferences and attractions etc etc

you'd be fully human

in the mechanical sense of the word

and fully divine

because this won't come in the way of

love

when you're aware of it

you'll be aware of your prejudices

your likes your dislikes your

attractions they're all there they come

from your conditioning because tell me

what is it that you like how come you

like things that i don't like because

your culture is different from mine your

upbringing is different from mine if i

gave you some of the things to eat that

i relish

you turn away in disgust

we've got people up there in certain

parts of india who love who enjoyed dog

flesh

and i know people who if they were told

they were being served dog steak would

vomit

why

different conditioning

different programming

i could bring hindus here who would

vomit if they ever knew they had eaten

beef

but you enjoy it

they said but why won't they eat beef

for the same reason that you don't eat

your pet dog the same reason no other

because the cow to the indian peasant is

what your pet dog is to you that's what

it is so he doesn't want to eat it

they've got a whole cultural built in

prejudice against it which saves the

animal

that's needed for farming etc

so

when

you have see

why do i fall in love with you really

why is it

that i fall in love with one type of

person and not another

because i've got a shopping list see

inside

i'm conditioned

i've got a kind of an image

subconsciously

this particular type of person appeals

to me attracts me so when i meet this

person i fall head over heels in love

but have i seen her no

i'll see her after i have married her

that's when the awakening comes

and that's when love may begin

but falling in love has nothing to do

with love at all

that isn't love

that's desire

that's burning desire

you want with all your heart to be told

by this adorable creature that you're

attractive to her that gives you a

tremendous sensation

and everybody else is saying what the

hell does he see in her

that's his conditioning

he's not seeing

they say don't they that love is blind

believe me there's nothing so

clear-sighted as love nothing

the most clear-sighted thing in the
world

addiction is blind

attachments are blind

clinging and craving and desire is blind

but not love

don't call that love

but of course the word has been

desecrated in most modern languages

people talk about making love

and falling in love

like the little boy who says to the

little girl have you fallen in love have

you ever fallen in love

she says no but i have fallen in light

so what are people talking about when

they fall in love

now

the first thing therefore that we need

is clarity of perception

why do we not perceive people clearly

first the first reason is evident our

emotions get in the way our conditioning

our likes and our dislikes we've got to

grapple with that

but we've got to grapple with something

much more fundamental

with our ideas

with our conclusions

with our concepts believe it or not

every concept

which was meant to be a help

to get in touch with reality

ends up

by being a barrier

to getting in touch with reality

because sooner or later we forget

that the word

is not the thing

the concept

is not the thing

they're different that's why i said to

you the other day the final barrier

to finding god

is the word god

and the concept god

comes in the way

if you're not careful was meant to be a

help can be a help but can also be a

barrier

unless you realize very clearly that the

word is not the thing

the concept is not the thing now that's

what i want to develop it's going to

take me a little time but you've got to
have a break before that
or else
you're not going to be able to follow
this very metaphysical philosophical
kind of thing i'm going to explain
metaphysics or whatever you want to call
it but it's very very simple
listen to this
every time i have a concept
it is something that i could apply
to a number of individuals
we're not talking about a concrete
particular name like mary
or john
which doesn't have a meaning
but when i have a concept
all other
words are words that apply
to any number of individuals countless
individuals concepts are universal for
instance
i say tree
or i say leaf
now the word leaf
could be applied to every single leaf on
that tree you have the same word for all

those individuals

you have the same word

for all the leaves on all the trees in

this campus the big ones the small ones

the tender ones the dried ones

the yellow ones the green ones

banana leaves

oak tree leaves

all types of leaves

if i say to you

i saw a leaf this morning

you

you really don't have an idea of what i

saw

let's see if you can understand that you

do have an idea of what i did not see

i did not see an animal

i did not see a dog i did not see a

human being i did not see a shoe

you have some kind of a vague idea

of what i saw but it isn't particular

right it isn't concrete the spanish

philosopher una muno says

man

human being

but let's stick to man

not primitive man not civilized man

not a grown-up man not a child

not male not female

not of this particular age or the other

not of this culture or the other in

other words not man

because the human being

is found

concrete

you never find a universal human being

like your

concept your concept points

but it is never entirely accurate

it misses uniqueness

it misses concreteness

so the concept is universal

and when i give you a concept

i give you something

and yet how little it is i have given

you

so

the concept so valuable

so useful for science

for instance if i said of every one of

us here that we are animals

that would be perfectly accurate

but you know we're something more than

animals

and so if i said

mary jane is an animal

that's true

but since i've omitted something

essential

to her

it's false

it does her an injustice

and when i call you a woman

that's true

but there are lots of things in you that

don't fit into that concept

you are this particular concrete unique

woman

that can only be experienced it cannot

be conceptualized

that i've got to see for myself i've got

to experience for myself i've got to

intuit for myself

the individual

can be intuitive cannot be

conceptualized it's beyond the thinking

mind

lots of you

would probably be proud to be called

americans

as lots of indians

foolishly i think would be proud to be
called indians because what is american
what is indian it's a convention it's
not part of your nature but never mind
about that now and yet even if you were
proud to be called an american
if someone said to me
in reply to my question
who's claire
and he says claire she's an american oh
american ah well i know i know
hey she was quite proud to be an
american
but when i said american i know she
feels insulted say wait a minute you
really don't know
all you got is a label you don't know me
see what i mean
the concept always misses
omits
something extremely important
something precious that is found in
reality which is concreteness uniqueness
very important to understand that
as you recall
that the word
the concept is not the thing

and so
the great krishnamurti puts it so well
when he says
the day you teach the child the name of
a bird
the child will never see that bird again
how true
the first time that birds the child sees
that fluffy
alive moving object
and you say to the kid sparrow
sparrow
then tomorrow when he sees another
fluffy moving object that's similar to
this one he says oh sparrow i've seen
sparrows i'm bored by sparrows
you know something
if you didn't look at things through
your concepts you'd never be bored
every single thing is so unique
every sparrow is so unlike every other
sparrow
even in its similarity great help to
find similarities so that we can
abstract
so that we can have a concept great help
from the point of view of communication

indication

science

but also very misleading

and a great hindrance to seeing this

concrete individual

and what about

this particular sparrow

it keeps changing you know from moment

to moment

but we're coming to that immediately the

first

drawback in a concept is that the

concept is abstract reality is concrete

i don't think anyone would quarrel with

that

so if all that you experience is your

concept you're not experiencing reality

because reality is concrete the concept

is a help to lead you to reality but

when you come there

then you've got to intuit or experience

it directly

second quality of the concept

is static

reality

is in flow

we know enough to realize this

we have the same name for the niagara
falls

but that whole body of water is
constantly changing how could you ever
invent

different words

for each little movement of the river
you've got a word river

but that water is constantly flowing
the word remains static

you've got one word for your body
but all the cells in your body are
constantly being renewed

that's another drawback in the concept
when it is compared to reality
to give you an idea of what it is like

let's suppose there's an enormous
wind outside here

and i want the people in my country to
get an idea of what an american gale or
hurricane is like

so i i capture it in a cigar box and i
go back home and say

behold well it isn't the gale any longer
is it once it's captured

i want you to get the feel of what the
flow of water in a river is like and i

bring it to you in a bucket

well the moment i put it into a bucket

it stopped flowing

the moment you put it into a concept it

stopped flowing it became static it

became dead something like a frozen wave

a frozen wave is not a wave

a wave is essentially movement

it is action and when you freeze it it's

not a wave

concepts are always frozen

reality

flows

finally if we are to believe the mystics

and it doesn't take too much uh

of an effort to understand this or even

believe it one can see it at once

reality is whole

words and concepts fragment reality they

give us little fragments

that is why it is so difficult to

translate from one language to another

because each language cuts reality up

differently

the english word home

is impossible to translate into french

or spanish casa is not quite

home

it has associations

which are peculiar to the english

language

every language has untranslatable

words words and verbs and expressions

because we're we're cutting reality up

and adding something or subtracting

something and usage keeps changing

reality as a whole

then we cut it up and make concepts and

words to indicate different paths

but if you had never seen an animal in

your life

and one day you found a tale

just a tale you've never seen an animal

in your life

and somebody said to you that's a tale

would you have any idea

of what that was

unless you had some idea what an animal

is

and unless you had some

couldn't be an idea

because ideas essentially fragment

some

vision

intuition

experience

of reality as a whole

would you really know what each fragment

means this is what the mystics are

perpetually telling us

words

cannot give you reality the only point

they only indicate

you use them as pointers to get to

reality

but once you get there

you cannot

your concepts are helpless

like

the dispute

that a hindu priest had

with a philosopher who claimed

that the final barrier to god

was the word god the concept god

so he went to debate with him

and the philosopher replied

the ass

that you mount

and that you use

to get to a house

is not the means by which you enter the

house

you got to dismount

you use the concept

to get there

then you dismount

you get beyond it

now

you don't

need to be a mystic to understand this

that reality is something that cannot be

captured

by words or concepts

if you would understand if you would

know

what reality is

you would have to know beyond knowing do

those words ring a bell

those of you who are familiar with the

cloud

you've got to go beyond knowing

you've got to know

beyond concepts

beyond words

poets

painters

mystics

the great philosophers

they

they have intimations of this

intuitions of this

now comes the big part

let's suppose

that one day

i'm watching a tree

until now every time i saw a tree i said

well you know tree

but today when i'm looking at the tree

i don't see a tree

at least i don't see what i've been

accustomed to seeing suddenly i see

something with the freshness of the

vision of the child

there's no word for it

i see something that's unique

that's flowing

that's whole and not fragmented

and i'm in wonder

now when i come back and you say

what did you see

what do you think i'd say

no word for it

there is no word for reality

because as soon as i put a word to it

we're back into concepts again

i could tell you a story
and if you have
the sense of a mystic
you might
get a clue
to what i'm talking about but i cannot
give you a description
my dears
if i cannot express
this reality that i experience or intuit
when i look at a tree
when you talk about expressing god what
are you talking about
if i cannot express
this reality that is visible to my
senses
when i penetrate i get beyond words and
concepts and see
how does one express
what cannot be seen by the eye or the
ear how does one find a word for it
are you beginning to understand what
thomas aquinas augustine and all of them
were saying
but the church teaches constantly
when she says god is mystery
unintelligible to the human mind

what the great call rana said in one of
his last letters
when he wrote to a young german drug
addict who wrote to him for advice
and talked to him about god he says you
theologian you talk about god how could
this god be relevant in my life
how could i get rid of my drug
and rana says to him i must confess to
you in all honesty that for me god is
and has always been
absolute
mystery
i do not understand what god is no one
can
we have intimation inklings
that we falteringly inadequately attempt
to put into words but there is no word
for it there is no sentence for it
talking to a group of theologians in
london
i think it was he said to them
the task of the theologian
is to explain everything
through god
and to explain god
as unexplainable

unexplainable

mystery one doesn't know

one cannot say

one says ah

and

when one reveals

god

one is using words is not one

one is using concepts

and once again

all the great mystics

in the catholic church in all the

christian churches in all the religions

are telling us those words are pointers

they're not descriptions

they don't fit

they indicate they give you a clue

now tragically

people fall into idolatry

because they think

that where god is concerned

the word is the thing now could you how

could you get so crazy can you be

crazier than that that where

human beings are concerned and trees and

leaves and plants and animals the word

is not the thing

but where god is concerned the word is
the thing what are you talking about
why i told you last night
about that famous internationally known
scripture scholar who attended this
course of mine in san francisco a couple
of years ago and said to me my god after
listening to you
i understand
that i've been an idol worshiper all my
life
and as i said to you last night he said
this right out in the open there
big man
it never struck me that i had been an
idol worshiper
my idol was not made of wood
or a metal it was a mental idol
and these are the more dangerous idol
worshippers
very subtle substance that is used
to produce this god
who has no name
no form
no image
there are only indications there are
clues

more about this when i talk about the
scriptures

what i'm leading you to this afternoon
is the following

awareness of reality around you

do you remember i said

what is awareness

it means

to watch

to observe

what is going on within you

and around you

going on pretty accurate

because things

are going on

the trees the grass the plants the

animals the rocks all of reality is

moving

one observes it one watches it

how essential it is

for the human being

to observe

not just himself or herself

but all of reality

you are imprisoned by your concept

do you want to break out of the prison

look

observe

spend hours

observing watching

what

anything

the faces of people

the shape and form of trees

a bird in flight

a pile of stones

watch the grass grow

get in touch with things

look at them

you will break out of this habit

these rigid patterns that we have all

developed

that our thoughts

and our words have imposed on us

hopefully we will see

what will we see

this thing that we choose to call

reality

whatever is beyond

these words and concepts

that

is a spiritual

exercise

connected

with spirituality

connected with breaking out of your cage

out of the imprisonment

of your concepts and words

how sad

if you would have passed through life

and never seen it again

with the eyes of a child

don't lose your concepts they're very

precious

as a matter of fact

we begin without them

then we developed concepts because

concepts have a very positive function

thanks to them

it would seem we developed this thing

called intelligence

we're even able to then understand the

limitations of concepts

anyone who never learned a language

who was never programmed was never given

words and concepts

would it would seem had no intelligence

at all and so we're invited not to

become children

but to become like

little children

we have to fall

from the stage of innocence

we have to be thrown out of paradise

and develop this i this me

thanks to these concepts

and then we need to return to paradise

again

we need to be redeemed again

we need to put off the old man

the old nature the conditioned self

and return to the state of the child

but without being children anymore

so we start off

looking

at reality in wonder

but it isn't the intelligent wonder of

the mystic

it's the formless wonder of the child

then the wonder dies

and is replaced by boredom

as we develop language and words and

concepts

then hopefully if we're lucky

we return to the wonder again

doug hammerschuld

the that u.n former u.n secretary

general

puts it so beautifully

god does not die he says

the day we deny his existence but we die

on the day that our lives

cease

to be illumined

by the radiance of a wonder

which we can never describe

which is quite beyond us

we die

the day our lives cease to be

illumined

by that radiance that wonder

and we don't have to quarrel about a

word because god is only a word is it

not

god is only a concept

one never quarrels about reality

we only quarrel about opinions

about concepts

about judgments

don't seek for truth

only drop your concepts

drop your opinions

drop your prejudices

drop your judgments

and you will see

you know

that was philosophy that was metaphysics

how did you get how do you like it not

bad huh

well that's

i think that would be the toughest

session of all the ones we've had this

is the end of the eighth take

this is the ninth tape of the new york

conference's wake up to life

by father anthony demolo

was talking to you yesterday

about

this matter of words and concepts

and i was telling you

the word is not the thing

the concept

is not

the thing

the concept leads you to the thing but

if you're not careful

you might equate the concept with the

thing and then i

i mentioned this matter of god

and i told you

all the great theologians and mystics

have for the foundation of everything

that they're saying

that

we do not

we cannot

know

conceptually

what god is

thought i'd bring you this little quote

the saint thomas

uh

how about giving it to you in latin for

queer de deo

non possum

said quid

this is the introduction to his whole

summa theologica

since

we do not know what god is but what god

is not

we cannot tell you

god's way of being but rather

the way he is not

then i gave you his day trinitati

the loftiest degree of our knowledge of

god

is to know god

as the unknown tamkwam

ignatum

and in his question

7 he says

this is what is ultimate in the human

knowledge of god

to know that we do not know god

this is what is ultimate

in the human knowledge of god

to know

that we do not know god this gentleman

was considered

the prince of theologians as i told you

yesterday he was certainly acquainted

with the scriptures he was a mystic and

a canonized shame

we're standing on pretty good ground

then what was he talking about when he

talked about god and what is the meaning

of the scriptures more about that later

see keep you coming that way

they

in india

we have a sanskrit saying for this kind

of thing it is

not that not that

sometimes referred to as the vr negativa

negative way

you know uh

i read

a marvelous work by the famous c.s lewis

is a little booklet

a grief observed was his diary when his

wife died he imagined he married an

american woman

said to his friends god gave me in my

sixties what he denied me in my twenties

i'm wildly in love

fell in love with this woman married her

and he'd hardly married her when she

died a painful death of cancer

then c.s lewis says the whole of my

faith

crumbled

like a house of gods

he was the great christian apologist

and when disaster struck home

then he

he asks himself is god a loving father

or is he the great vivid sector

pretty good evidence for both things

and you can look at things in a somewhat

slanted way and

push aside evidence of the contrary

remember when my own mother got cancer

my sister said to me
tony why did god allow this to happen to
mother i said my dear last year a
million people died in china
of starvation of a drought
calculated at almost a million you never
raised the question
and so sometimes the nicest thing that
could happen to us for us to be awakened
to reality is for calamity to strike
when we begin to rethink
then you might lose your beliefs and
come to faith
your childish beliefs can come to faith
as c.s lewis did
do read that book it's marvelously
written he said you know i never had any
doubt
before
about people surviving death but when my
wife died
my i was no longer certain why because
it was so important to me that she be
living and you know he's the master of
comparisons and analogies he says is
like a rope someone says to you would
this uh carry a

uh would this bear the weight of about

uh

120 pounds and you say yeah yeah well

we're going to let down your best friend

on this rope so wait a minute let me

test that again

now you're not so sure

and somewhere in that diary

he says a marvelous thing

i was so happy and consoled

this was years ago to find him say

we know nothing about god

we cannot know anything about god even

our very questions about god are absurd

marvelous

of course your questions are absurd

why

it's like the person born blind the man

born blind who says to you that color

green is it hot or is it cold

natey natey not that not that

is it uh

long or is it short

not that

is it sweet or is it sour not that

is it uh round

or is it uh oval or is it square not

that
not that see he's coming
from the other senses from his limited
experience
he has no words
no concept
for this world
of which he has no idea no intuition no
experience a world of colors
one can only speak in analogies
not that no matter what he asks
it isn't that
your wording is wrong your question is
absurd
so
c.s lewis says something like this i'm
not quite sure i've got the exact
words but it's something like this it's
like asking
how many minutes are there in the color
yellow
and everybody's taking it very seriously
and discussing it and fighting about it
you know what the answer to that
question is how many minutes are there
in the color yellow
25 carats

and the other guy says no 17 potatoes

and then they're fighting

not that not that

the

ultimate this is what is ultimate in the

human knowledge of god

to know that we do not know

our great tragedy my dears is that we

know too much

we think we know that is our tragedy

and so we never discover

in fact thomas aquinas is not only a

theologian he's a great philosopher and

he says repeatedly in many places

all the efforts of the human mind cannot

exhaust the essence

of a single fly

cannot

we really have no notion

of the nature of a fly

of a an individual flight just what i

was telling you yesterday

the concept

is abstract the reality concrete etc he

puts it in his own unique way

the limitations of the human mind

the danger we have

of

equating the concept with reality and as

a result never coming in touch with

reality

now

i also quoted doug hammerschel

uh you know i like to be exact and i'm

afraid the quote i gave you was from

memory and wasn't quite accurate the

original is much more beautiful he says

god does not die

on the day

we cease to believe

in a personal

deity but we die

on the day when our lives

cease to be illumined

by the steady radiance

renewed daily

of a wonder

the source of which is beyond all reason

but we die

on the day when our lives

cease to be illumined

by the steady radiance

renewed daily

of a wonder

the source of which
is beyond all reason
something beyond this conceptualizing
mind of ours which when perceived
intuited however dimly
creates the wonder
and our lives become illumined
marvelous people but more about this
when i talk about scripture i want to
say something more about words
i
said to you yesterday
words are limited
there's something more i have to add
there are some words that correspond to
nothing
words that have a very powerful
influence on us you know when i use the
word tree it corresponds to something
when i say man or woman or child that
corresponds to something but there are
some words that correspond to nothing
would you believe it
for instance uh
talking of a situation back home
uh i'm an indian
and we've got another country called

pakistan

now let's suppose

i am a prisoner of war in pakistan

and they say to me

well today we're going to take you to

the frontier and you're going to take a

look at your country

and so they bring me to the frontier

and i look across the border

and i think oh my country my beautiful

country i see villages and trees and

hills

like that thing of the poet breeds there

a man with souls so dead who never to

himself has said ma you've got it yes

this is my own my native land and after

a while one of the gods says excuse me

we made a mistake sir we have to move on

another 10 miles you know it's fun

what was i reacting to

indian trees indian villages indian

mountains but you know something

trees are not india

trees are trees

there are no indian trees

in a geographical map there are no

frontiers no boundaries those were put

there by the human mind
generally by stupid avaracious
politicians
that country of mind once upon a time
was one it's four now
and uh if we don't look out within a
short time it might be six
we'll have six flags we'll have six
armies
you never catch me saluting a flag me
never any flag never salute it
i abort all national flags i do
what are we saluting i salute to
humanity
not a flag with an army around it
now
of course i i live in a peculiar
situation
where i see flags coming up
these flags were in the heads of people
they're fighting for a convention
they're fighting for a frontier which
the human mind put there but doesn't
exist in reality
now i got news for you there are
thousands of words in our vocabulary
that do not correspond to reality at all

but boy they trigger emotions they
trigger off emotions within us
and we begin to see things which are not
there we actually see indian mountains
but they don't exist
and we actually see indian people what
do you know they don't exist they really
don't
oh well
you know you have your american
conditioning
i have my american conditioning that
exists
not a very happy
you know in our countries nowadays in
the third world countries we talk a
great deal about enculturation
culture
this thing called culture
not very happy with it me not very happy
with it
because part of our liberation is
liberation from our culture
you mean you'd like to do something
because you were conditioned to do it
you'd like to feel something because you
were conditioned to feel it

isn't that being mechanical
you got a stamp on you
and you
react according to that stamp
ima imagine an american baby that is
adopted by a russian couple
taken over to russia has no notion that
it was born american
because there is no such thing as
american so he's brought up talking
russian
he lives and dies for mother russia
he hates the americans
he's all stamped with his own culture
he's steeped in his own literature he's
influenced and he looks at the world
through the eyes of his culture
you want to wear your cultures the way
you wake clothes that's fine
you know it's nice the woman indian
woman will wear a sari and the american
woman will wear something else and the
chinese woman will wear something else
and the japanese woman will wear her
kimono that's nice but nobody's
identifying herself with the clothes
so you want to wear culture like that

that's nice

but then you become proud of your
culture

they teach you to be proud of it

they teach you to be proud of your

country there are emotions

words that are emotionally charged

nobody sits down and analyzes that

remember how i told you

if you are affected or influenced

by an experience you had with your

father let me put it as forcefully as

possible

there's this jesuit friend of mine who

says anytime i see a poor person a

beggar i cannot give this person an arms

i cannot not give

this person an arm i got that from my

mother he said my mother ever ever since

i was a kid you know he he lived

somewhere in the countryside in india

and any poor person who'd come there

well his mother offered that person a

meal etc

he said i picked it up from her

i said to him joe

what you have is not a virtue

what you have is a compulsion

a good one

from the point of view of the beggar for

the compulsion nonetheless you cannot

not do this

i remember jesuit who said to us once at

a province meet a kind of an intimate

gathering of

of the men of our jesuit province there

in bombay very nice to hear that he said

i am 80 years old i've been a jesuit for

65 years

i have never once

in all my life

missed my hour of morning meditation

never once

nice

could be very admirable or it could be a

compulsion too

no great merit in that

if it's mechanical

the beauty of an action comes

not from its having become a habit

but from sensitivity from consciousness

from clarity of perception and accuracy

of response

i may say yes to this beggar i may say

no to another i'm not compelled
by any conditioning
programming
of my past experiences
or my culture
nobody has stamped anything on me or if
they have i'm no longer reacting from
that
it's like you have a bad experience with
an american
or you were bitten by a dog
or you had a bad experience with a
certain kind of food now for the rest of
your life you're influenced by that
experience too bad you need to be
liberated from that
don't carry over experiences from the
past
hey i see many of you nodding in ascent
how about carrying over good experiences
from the past huh
don't carry those either
you know what it means to experience
something fully
then drop it
and move on to the next moment
uninfluenced by the previous one

my
you're traveling with such little
baggage you could pass through the eye
of a needle
now you will know what eternal life is
because eternal life is now
in the timeless now
only thus will you enter eternal life
but how many things we carry with us
and we never set about
the task of freeing ourselves of
dropping the baggage of being ourselves
and i'm so sorry to say
that everywhere i go i find muslims who
are using their religion
and their worship and their quran to
distract themselves from this task
instead of serving as a health
served as a distraction
and the same applies
to hindus
and
you know who else
now you're very clever you're catching
on quickly today
now word
words words they have such an influence

on us you know you're talking to
somebody listen to this you're talking
to somebody he seems a nice kind of guy
and somebody whispers into your ear
cardinal archbishop
it has an influence on your mind and on
your nerve
you're suddenly influenced by that the
word see how it triggered up
reactions within you
can you imagine a human being
who is no longer influenced by words
who is only affected by
reality
you could give him any number of words
he will still give you a fair deal
you could say cardinal archbishop but
he'll still give you a fair deal
he'll see you as you are he's
uninfluenced by the label
you could say indian american russian
chinese anything he is uninfluenced by
labels
so there it is
the importance of understanding words
and concepts
if we are to attain awareness

because i said to you

awareness heals

awareness

transform

awareness puts us in touch with reality

but that goes with understanding

understanding how our mind functions and

how we are being deceived by words and

concepts

there's one more thing i want to say

about our perception of reality let me

put it in the form of a

of an analogy you've got the president

of the united states

now

he has to get feedback

or you've got the pope in rome

who has to get feedback from the whole

church

now you've got

millions of items that are supposed to

be fed to the president but he could

hardly

take all of that in much less digested

so he has people whom he trusts

to make abstraction abstracts to

summarize things

to uh monitor to filter
and then some of it gets to his desk
now this is what's happening to us
from every four of our living cell of
our body
and from all the senses
we're getting feedback from reality
but we're filtering things out
constantly
who's doing the filtering very important
to find out
your conditioning
your culture
your programming the way you were taught
to see things and to experience things
even your language
lots of filtering going on
so that you will see things
sometimes
that are not there
and sometimes you don't see things that
are there
that's so common you've only got to look
at a paranoid person who's feeling all
threatened by something that isn't there
who's constantly interpreting reality in
terms of certain experiences of the past

or certain conditioning that he or she

has

and there's another big crook inside

there who's doing the filtering

it's called

an attachment

desire craving

the root of sorrow

is craving

craving

distorts perception

destroys perception

you've got your fears and your desires

as samuel johnson said

the knowledge that he has that he is to

swing

from a scaffold or that he is to be

hanged within a week

wonderfully concentrates a man's mind

you

blot out everything else

you're concentrated only on this

fear

or desire

craving

look how we we have been brought up we

were drugged when we were

young and we were brought up

to need

people

for what for acceptance

for approval

for appreciation for applause

for what they call success here are

words that do not correspond to reality

they're conventions

like political realities convention

things invented but we don't realize

that they don't correspond to reality

success what is that

that is what this particular group

decided is a good thing

another particular group will decide

it's a bad thing

what is good

in washington might be considered bad in

a cartoon monastery

success in political circles might be

considered failure in other circles

these are conventions but we treat them

like realities don't we

now what happened to us when we were

young

we were programmed

we were taught we were programmed to

unhappiness

this is amazing

you cannot not be unhappy

why

because they taught you and they taught

me they taught all of us

that in order to be happy

you need

you name it money

success

a beautiful or handsome partner in life

a good

job friendship

spirituality

god you name it

unless you get these things you're not

going to be happy

you need them

now that is what i call an attachment

an attachment

is a belief

that without something

you are not going to be happy

once you get convinced of that

and my that has got into our

subconscious

it's got stamped into our nerves to the
roots of our being but how could i be
happy unless i have good health you know
i'll tell you something i have met
people dying of cancer who are happy
but how could i be happy if i know i'm
going to die you all know of people who
are happy when they are meeting
death but how could i be happy if i
don't have money you know something this
guy
has got a million dollars in the bank
and he's feeling insecure
the other guy has got practically no
money and he doesn't seem to feel any
insecurity at all he was programmed
differently that's all
useless exhorting the first guy about
what to do he needs understanding he
needs to understand
that's where i was talking about
awareness
exhortations are no great help as i'm
going to tell you very soon you need to
understand you've been programmed it's a
false belief
see it as false

see it as a fantasy

and so what are people doing all through

their lives

they're busy fighting

fight fight fight the conflict to what

they call survival but you know when you

talk to the average american

who says he or she is making a living it

isn't a living they're making oh no

they've got much more than enough to

live come to my country and you'll see

that

you mean you don't need all those cars

to live you really don't you don't need

a television set to live you don't need

all that makeup to live you don't need

all those clothes to live to live you

don't need them you really don't

but try to convince the average american

of this

they've been brainwashed

they've been programmed

so conflict work

effort strife to get the desired object

which will make them happy now listen to

this pathetic story

your story my story everybody's story

till we understand it and break out
the story is this they told us until i
get this object i'm not going to be
happy whatever it is money
friendship anything
so i've got to strive to get it
then when i've got it i've got to strive
to keep it
a temporary thrill oh i'm so thrilled i
got it how long does that last a few
minutes couple of days at the most when
you got your brand new car how long did
the thrill last
just as long as your next attachment was
threatened
it's a funny thing about an attachment
you know
if you have a thousand attachments you
could satisfy 999 but if you haven't
satisfied one you're miserable
so all right i've got it thrilled now a
get tired of it after a while
they told me prayer was the big thing
they told me god was the big thing they
told me friendship was the big thing not
knowing what prayer really was not
knowing what god really was we made

things out of them

after a while we get bored

bored with the car but we're still

holding on to it

and we're still fending off threats

isn't that pathetic

and if you've got one attachment that's

bad enough

when you have a couple of thousands

i mean i mean we're crazy it's just

crazy

and there's no way out there simply is

no way out it's the only model we were

given to be happy

we weren't given any other model

our culture our society i'm sorry to say

even our religion

gave us no other model

this is happening in all religions too

you know

like

you've been appointed cardinal what a

great honor that is

honor did you say honor

you use the wrong word

now others are going to aspire to it

you lapse

into the world

what the gospels call the world

and you're going to lose your soul

the world

success

honor non-existent things

power

prestige

winning

especially over others popularity

you gain the world

but you lost your soul

your whole life has been empty and

soulless

nothing there

there's only one way out

and that is get deprogrammed

get deprogrammed

how do you get that become aware of the

programming

i'm going to be talking pretty soon

about change

you cannot change

by an effort of the will

you cannot change through ideals

you cannot change through building up

new habits

your behavior may change but you don't
you only change through awareness and
understanding
when you see a stone as a stone a scrap
of paper as a scrap of paper you don't
think that the stone is a precious
diamond anymore and you don't think that
that scrap of paper is a check for a
billion dollars when you see that
you change
there's no violence anymore
in attempting to change yourself
otherwise what you call change is moving
the furniture around
your behavior has changed but not you
i'm going to give you a whole session on
understanding
after the break what does it mean to
understand how do we go about it
now
attachment
you've got attachments
consider how
we're enslaved by these things
and we're striving to rearrange the
world
so that i can keep my attachment

because the world is a constant threat
to my attachment
everything keeps changing so does this
thing
it's all changing
everything is changing so is my friend
and my god how insecure i am he may stop
loving me he may be he may go out to
somebody else hey wait a minute and i've
got to i've got to keep on making myself
attractive to him because i've got to
get him because somebody brainwashed me
into thinking that i need his love i
don't i really don't not in order to be
happy i don't
i don't need anybody's love
i just need to get in touch with reality
that's all
i need to break out of this prison of
mine this programming this conditioning
these false beliefs these fantasies and
break out into reality and reality is
lovely
reality is an absolute delight eternal
life is now
we're surrounded by it like the fish in
the ocean but we have no notion about it

at all you're too distracted with this
with the attachment
and so
temporarily the world does rearrange
itself to suit our attachment and we say
yay great my team
won but hang on it'll change
you're going to be depressed tomorrow
why do we do this why are we so hard on
ourselves
and have you noticed all those negative
feelings we have
you're jealous
where does your jealousy come from look
for the attachment underneath
somebody is getting
what you want and what you think you
will not be happy without
you're anxious and frightened
you're getting paranoid your attachment
has been threatened
see if you can understand that
i'll go slowly
you're getting angry
somebody is
likely
to come in the way of your getting your

attachment or you're keeping your

attachment

or else why would you be angry

because you're convinced

you're not going to be happy without

this you're not going to be happy

without that

you got craving

and so it goes on

all those negative feelings

just scratch a bit on the surface under

the surface probe under the surface and

the attachment will come to light

how about a little exercise a couple of

minutes

and it is this

think of something or someone you are

attached to in other words

think of something

or someone

without which or without whom you think

you are not going to be happy

could be your job your career your

profession

your friend your money or whatever

and say to it him

her

i really do not need you

to be happy

i'm only deluding myself into the belief

that without you

i will not be happy

i'm only deluding myself into the belief

that without you

i will not be happy

but i really don't need you for my

happiness

i can be happy without you

you

are not my happiness you are not my joy

boy if it's a he or a

her he's not going to be too happy to

hear that you know

but go ahead you could say it within the

secrecy of your heart

because you're making contact with the

truth

you're smashing through a fantasy

happiness is a state of non-illusion

drop the illusion

or you could try another exercise

if you'd rather do that

think of a time you were heartbroken you

thought you'd never be happy again

your husband died

your wife died

your best friend deserted you

you lost your money or whatever

think of the time you were a child

and you didn't get what you want or you

lost what you had

and you said i'll never be happy again

what happened

time went on

and if you managed to pick up another

attachment

if you managed to find somebody else you

were attracted to

or something else that you were

attracted to

what happened to the old attachment

you didn't really need it did you to be

happy

that should have taught us

but we never learn

we're programmed

we're conditioned

then i'll give you a few seconds

to think

my how liberating

not to depend emotionally on anything

if you could get even one seconds
experience of that
you're breaking through your prison and
getting a glimpse of the sky
someday maybe you will fly
this is the tenth tape of the new york
conference's wake up to life
by father anthony demelo
okay who wants to begin
yes
i was afraid to say this
but i talked to god
and i told him
i don't need him
my initial reaction was
this is so contrary to everything
that i've been brought up
and yet and yes
i said if he is the god that i
think he ought to be
all right
if you think that unless you get god
you're not going to be happy
this god you're thinking of has nothing
to do with god
you're thinking of a dream state
of a thing

of a person you're thinking of your

concept

and sometimes you have to get rid of god

in order to find god

lots of mystics tell us that

when you drop your attachments

when you drop your clinging

when you drop your baggage

think of the baggage we carry

if i use the word happiness you know

what most

see the amount of times i catch myself

doing this

am i happy

thinking i got a great film coming up

tonight and i got

what's the future got to do with it

what has yesterday got to do with it

but we're constantly somewhere else if

somebody said my favorite place is

somewhere else

we're always somewhere else

but to attain the asceticism and the

delight

of being here

now

and when now goes let it go

then we will know

what

reality is

what god is

the concept is a help as i will tell you

later

but we've always to beware lest we become

a hindrance

joe

tony aren't you really programming

the process of reprogramming

that's not a bad comment at all

that's not a bad comment i think i would

be

if i'd be telling you how to do it

all i'm saying is

be aware

be aware there are two things there is

programming

and there is awareness

and the two are opposed to each other

where awareness comes in

programming dies

when you're listening to me

as i said to you on the first day

if you're just swallowing everything i'm

saying

you're getting programmed and lots of

people do you know

i'm a great brainwasher i really am

well that's not quite accurate

the way i speak

very easily lends itself

to

gullible people getting brainwashed

that's more accurate

but if you're neither resisting what i'm

saying

nor swallowing

ah that's wonderful

you're open

you're saying i'd like to take a look at

that

somebody else here yes someone you

desire greatly

yes oh yes yes you begin by doing it in

fantasy and role-playing

yes

yes you better prepare your wife before

you tell her this true

yes i know

isn't it amazing though that we uh have

been so blinded

by everything that we did not discover

this basic truth i remember how
frightened i was to say this to an
intimate friend of mine
when i
i sensed it was true
i really don't need you
period
for what for anything i don't need you
i can be perfectly happy without you
result i enjoy your company thoroughly
there's no more anxiety no more jealousy
no more possessiveness no clinging
it
it is a delight to be with you i am
enjoying you on a non-clinging basis
you're free
so am i
my but this is like talking a foreign
language to drug addicts
we've been drugged
we really have been took me many many
months to truly understand this and mind
you i'm a jesuit
brought up
brought up in the tradition of saint
ignatius whose spiritual exercises are
really all about this

and i've missed the point

because my culture and my society

not my religious society but the society

in india in general society

had

i mean you take it for granted

jesus had friends

wait a minute wait a minute

what are we talking about because you

know something

the moment you desire somebody in this

way

namely without you i will not be happy

you cease to see that person

you're no longer objective

you're clinging

we begin to view people in terms of our

attachment

if you're attached to appreciation

you know i'm quite amused sometimes to

see

even seemingly objective people

like therapists and spiritual directors

etc

say

great guy great guy you know i really

like him and i find out later it's

because

he likes me that i like him

and anybody who attacks me i don't like

hey

so when someone's for you he's okay

and when someone's against you

he's not okay

then i look into myself and i find the

same thing coming up every now and then

if you're attached

to appreciation and praise

you're going to view people in terms of

their threat to your attachment or their

fostering your attachment

if you're a politician and you want to

be voted in how do you think you're

going to look at people how will your

interest in people be guided who's the

guy who's going to get me the votes

who's the woman and so it goes on and if

what you're interested in sex how do you

think you're going to look at men and

women

if you're attached to sex and if you're

attached to power and so on and on and

on

that colors your view of human beings

an attachment destroys your capacity to

love

what is love

love is sensitivity

love is consciousness to give you an

example

i'm sitting here

listening to a symphony

if all i hear is the sound of the drums

i don't hear the symphony

what is a loving heart

a loving heart is one that is sensitive

to the whole of life

to all persons

a heart that doesn't harden itself

to any person or thing

but the moment you become attached in my

sense of the word

then you're blotting out

many other things

you've got eyes only for the object of

your attachment

you have ears only for the drum

the heart has got hardened

moreover it has got blinded

because you no longer see

the object of your attachment

objectively

you cannot be objective anymore

love entails clarity of perception

objectivity there is nothing so

clear-sighted as love

then the heart remains soft and

sensitive

but when you're hell-bent

on getting this thing or that or the

other you become ruthless you become

hard you become insensitive

but all you need is a few minutes

reflection to see this

how can you love people

when you need

people you can only use them

when you need them emotionally

if i need you to make me happy

i cannot love you

i gotta use you i got to manipulate you

i gotta find ways and means of winning

you i cannot leave you free

i can only love people

when i have emptied my life of

people when i die to the need for people

then i'm right in the desert

and in the beginning

it feels awful

it feels lonely

but if you can take it for a while

you will suddenly discover

that it isn't lonely at all

it is solitude

it is aloneness

and the desert begins to flower

and at last you know

what love is

what god is

what reality is

but giving up the drug in the beginning

can be tough

unless you have a very keen

understanding or

and you have suffered enough it's a

great thing

to have suffered

then you're sick of it

make use of suffering to end suffering

the people suffer and they go on

suffering and that's why i said to you

the the conflict within me sometimes

between the role of spiritual director

and

therapist

as therapist well let's ease the

suffering

all right

as the spiritual director and me says

let her suffer she'll get sick of this

way of relating to people

and she'll finally decide to break out

of this prison of emotional dependence

on anyone

am i making sense

big conflict at times

shall i offer a palliative

or remove the cancer not easy to decide

i'll tell you that

and

when the cancer becomes painful enough

you're right

you're ready

if you have understanding

and you're ready to watch it

uh he says first book and he slandered

on the table let him keep slapping it on

the table

don't pick the book up

all right

lots of work to be done in the spiritual

life

so much work

spirituality is awareness awareness

awareness awareness awareness

the day you begin to understand

how you are really picking up things

that have no connection with you at all

like in the old days and i guess my

story is almost everyone's story

somebody was angry with me hey there's

something wrong with me

because that's the way we've been

drugged that's the way we've been

programmed by our parents when mother

got angry with you she didn't say

there's something wrong with me she said

there's something wrong with you or i

wouldn't be angry

until i made the great discovery that if

you are angry darling there's something

wrong with you

so you'd better cope with your anger

stay with it and cope with it it's not

mine

now whether there's something wrong with

me or not i'll examine independently of

your anger i'm not going to be

influenced by your anger and the funny

thing is when i can do this
without feeling any negativity towards
you i can be quite objective towards
myself too
because only a very aware person can do
this
not pick up the guilt not pick up the
anger
you're having a tantrum too bad
i don't feel the slightest desire to
rescue you anymore and i refuse to feel
guilty i must talk about guilt it's like
i'm not going to hate myself
for anything i have done
because it gets you nowhere that's what
guilt is i'm not going to give myself a
bad feeling and whip myself for anything
i have done right or wrong
i'm ready to analyze it to watch it and
say well
if i did wrong as i will show you
presently it was an unawareness
i was hypnotized nobody does wrong in
awareness
that's why theologians tell us
nicely very beautifully said
that jesus could do no wrong and that

makes very good sense to me

because the enlightened person can do no

wrong

what do you think was jesus free

you mean he couldn't do wrong and he was

free

because he was free he couldn't do wrong

now since you can do wrong you're not

free

so you're not free

that's a pretty nice bind you've got

yourself into isn't it

well that's it's interesting you know if

i'm sitting here

and somebody comes up to me and says

are you free i say yes i'm free well

here's this machine gun he gives me a

light machine guns he says why don't you

mow all these people down i said excuse

me

i'm not free to do that i got too much

sensitivity to people to be able to do

that i cannot do it does that make sense

to you

as soon as you have a sensitive heart

you cannot do this you simply cannot do

it

could you do it he says yeah i can i can

all right sit here he sits here and he

say wait a minute this isn't freedom

this is a sickness

you need healing

this has far-reaching consequences

you know i was telling you about this

power of words and concepts

your mark twain put it very nicely once

when he said

cold he says if the thermometer had been

an inch longer we would have frozen to

death

that's pretty accurately put you know

we do freeze to death on words

it's like it's not the cold outside that

matters but the thermometer

it's not reality that matters but what

you're saying to yourself

you know they they told me a lovely one

about a guy in finland you know when

they were drawing up the russian

finland border it was a farmer who had

to decide whether he wanted to be in

finland or russia as they were drawing

the boundary line so after a long time

he said he wanted to be in finland

and he didn't want to offend the russian
officials who came up to him and
demanded to know why did he want to be
in finland

and the guy says you know
it has always been my desire to live in
mother russia

but at my age i wouldn't be able to
survive another russian winter
so i want to be in finland

that brings it out very well doesn't it
it's only a word

it's only a concept

but it isn't

not for human beings

not for crazy human beings there was a
man who once attacked a guru the master
for claiming this that human beings were
mostly reacting to words not to reality

as i explained to you this morning the
governor

a beggar

an indian an american

the cardinal archbishop the pope

mother teresa

i wonder how many would be capable of
seeing mother teresa

or would they be seeing what they heard
about her

or would they be seeing what they're
expecting

so

we're frequently not looking at reality

we're almost never looking at reality so

this master was attempting to explain to
them

how human beings uh react to words they
feed on words

they live on words

they're perishing because they're living

on words not on reality they're not

getting nourished on reality so one of

the men stood up there and protested he

said i don't agree that words have all

that effect on us and the master said

sit down you son of a

and the man went livid with rage

he

he said you call yourself an enlightened

person you call yourself a master you

ought to be ashamed and so on and on for

a couple of minutes

and the master said pardon me sir i just

got carried away i really beg your

pardon pardon me that was a lapse i'm

sorry

so the man calmed down and the master

said it took just a few words to get a

whole tempest within you and a few words

to calm you down didn't it

words words words words

who will liberate us from words how

valuable they are

how imprisoning

if they're not used properly but many of

you had questions i noticed before we

began the break do you still want to ask

some questions yes

did you speak a little more loudly

all right

yes

what you're thinking of is

when you have awareness

your conditioning drops automatically

that depends on the degree of your

awareness

sometimes it's greater sometimes it's

less

but remember that little exercise i gave

you yesterday when i said don't identify

with the feeling

the feeling will go on in the beginning
but as you dis identify the intensity
will diminish
and there are times
when you get a flash of awareness and in
that flash it drops all together
so the degrees of awareness
and we move into that and sometimes we
have more and sometimes we have less
towards the end of this session i hope
to give you at the beginning of the next
one i hope to give you a little exercise
to show you the difference between
knowledge
and awareness between information and
awareness
i said one cannot do evil in awareness
one can do evil in knowledge or
information
you know
that this thing is bad but you're really
not aware
father forgive them
because they do not know they're not
aware of what they are doing
i am the greatest of sinners for i
persecuted the church of christ

but friends

i did it unawares

if they had been aware that they were

crucifying the lord of glory they would

never have done so

a time will come

when they will persecute you and they

will think they're doing a service to

god what do you know

thomas aquinas puts it so nicely

he says

every time someone sins

they're sinning

under the guise of good

they're blinding themselves

they're seeing something as good even

though they know it is bad they're

telling themselves in some way they're

rationalizing because they're seeking

something as good under the pretext of

good but more about that when we talk of

freedom anyone else yes

um

[Music]

um

[Music]

is did you pick up your attachment there

your attachment to calm

and peace

you're saying unless i'm peaceful i

won't be happy

did everyone occur to you you could be

happy in your attention before

enlightenment i used to be depressed

after enlightenment i continue to be

depressed

ah you hit upon something there

you see if you don't make a goal

out of relaxation and sensitivity you

ever heard of these people who get tense

trying to relax

they're making an effort to relax

well if one extends one observes one's

tension

you will never understand yourself if

you seek to change yourself

i'll be explaining that to you later

when we talk about self-change

the harder you try to change yourself

the worse it gets

you are called upon to be aware get the

feel of that telephone get the feel of

the ring of the phone the jawed nerves

get the sensation of that

get the sensation of the steering wheel
in the car
in other words come to reality
and leave the tension or the calmness to
take care of itself as a matter of fact
you will leave it to take care of
yourself because you'll be too
preoccupied or too occupied getting in
touch with reality
see this is what i mean uh kind of step
by step and let whatever happens happens
you know the real change will come about
in you when it is brought about not by
your ego
but by reality
awareness
releases reality to change you
you change
insensitivity you change in
consciousness and awareness you change
but you've got to experience this
useless taking my word for it
and
but if you've got a plan if your ego has
drawn up a plan
in its own cunning way
and trying to push you into that you'll

meet with resistance there'll be trouble

who else

pretty good questions yes

yes

all right the question is

is being awakened a growing process at

times you're awake at times you go to

sleep etc

uh you pick up the mild anxiety behind

that you want to be awake don't you

you want to find out if you're really

awake or not

now that's part of asceticism

it doesn't matter

how strange that sounds in a culture and

a society

where we've been trained to achieve

goals

get somewhere

there's nowhere to go

you know why because you're there

already

the japanese have a nice way of putting

it

the day you cease to travel you will

arrive

now if your attitude were i want

to be aware i want to be in touch with
whatever is and let whatever happens
happen

i'm awake fine if i'm asleep fine but
the moment you make a goal out of it
and you're attempting to get it see
what's happening there is you're seeking
ego glorification

ego promotion

you want the good feeling that you made
it i got news for you when you make it
you won't know

your left hand won't know what your
right hand is doing

lord when did we do this we had no
awareness

charity is never so lovely as when one
has no consciousness that one is
practicing charity you mean i helped you
i was just enjoying myself i was just
doing my dance it helped you that's
wonderful

congratulations to you no credit to me
because tell me

if you're giving giving jesus the credit
for all the good that happened to people
when he spoke

hold on to your chairs now

why aren't you blaming him

for all the evil that happened to people

when he spoke

if i had not come they would not have

sinned

who's to blame they are to blame and

when they benefited who gets the credit

he

wait a minute

the rain

that is exactly the same in its nature

produces thorns in the marsh

and flowers in the garden

that's up to you

so

when you attain

when you are aware

increasingly

you will not be bothered

about labels like awake or asleep

you know i i must say i cheated with all

of you

i used it

to use an ignition phrase getting in

through your door

arousing your curiosity and i'm sorry to

say your spiritual greed but greed
nonetheless say let's come away it's
going to be wonderful
well
that's for starters
after a while it doesn't matter
one is aware
because one lives the unaware life is
not worth living
and you will leave change to take care
of itself
we have another question here yes

[Music]

all right the question is the harder you
try to change the worst it gets
is there a passivity there
remember i said
the more you resist something the
greater power you give to it
so resist not evil
when someone strikes you on the right
cheek
offer him your left as well
you always empower
the demon you fight
that's very oriental
flow with the enemy

and you overcome the enemy

how does one cope with evil not by

fighting it

but by understanding it

in understanding it disappears

how does one cope with darkness

not with one's fists you don't chase

darkness out of the room

with a broom

you turn on the light

but the more you fight darkness the more

real it becomes to you

and the more you exhaust yourself

when you turn on the light of awareness

it melts

watch this

uh

scrap of paper

this is a billion dollar check

uh

i must renounce it the gospel will say i

must renounce it you gotta renounce it

gotta give it up i want eternal life

substitute one greed with another greed

spiritual greed with the other greed

before

you had a worldly ego now you got a

spiritual ego but you got an ego all the
rest all the same kind of a refined one
more difficult to cope with i got to get
rid of it so i'm giving it up i'm really
giving it up i but something in me is
drawing me towards it
when you renounce something you're tied
to it
but if instead of renouncing it i look
at it i say hey
this isn't a million dollar check
this is a scrap of paper
lost interest
gone
nothing to fight
nothing to renounce
or if i look under it and i say
heavens look at the anxiety under this
look at the pain
look at the depressions that are going
to follow i don't want this give it up
understanding
awareness
does that address itself to your
question
don't fight
don't make effort

don't drag yourself

somewhere

find out what's going on

like

if somebody

has no appetite for food

and you force the kid to eat

come on eat no no no what's called for

is understanding what's going on

now you have no appetite

for happiness

you have no appetite for giving up your

drug or whatever what's going on

the violence will not change you it

might change your behavior that's what i

meant

but i have much more to say about it as

we go along about what does change

really entail

how does meditation

how does understanding how does

awareness bring it about now during

these days

uh certainly this would apply to quite a

few of you you have understood something

or other about what's going on in you

and you've experienced some little

change have you

some little change some little insight

i'm going to show you how

insight awareness understanding

produces easy change there's no residue

of violence if you call in the army

and suppress the citizens of a city

there's going to be a mutiny

and you're going to invest a lot of

force to keep them down

so it isn't violence and effort that's

called for who else

yes all right she doesn't understand

what is real

and what is unreal

look

in my country

lots of men

grow up with the belief

that women are chattel

i married her she's my possession

now this guy walks up to you and says

that's real

women are thing what would your response

be

not true

right it depends she said

you don't agree with him

if he's married to you

[Laughter]

she said oh he's married to me then it's

not real it's not true that's

interesting

that's a good one

she says if he was married to her she'd

be a widow isn't that great

that's terrific okay

yes

now

is this guy to blame get ready for a

shock he isn't

yes just like many americans are not to

blame for the way they're viewing

russians

they're not to blame

they just got dyed in a certain color

and there they are and that's the color

through which they're looking at the

world and they see that color

now what does it mean to make him real

to make him aware that he's looking at

the world through colored glasses ah

there is salvation there is no other

salvation

because i could say to him stop it

that's not good but till he has seen

he's always in danger of finding some

other way

of acting according

to this conviction that was given to him

as i told you that's the making of the

terrorist

he's absolutely convinced he sees a real

world out there he's got real enemies

he's got people who hate him but when we

look at it we say funny that's not there

at all

you're imagining things

you're conditioned so the great search

of spirituality the great

task of spirituality

where am i coming from

is this real

or am i conditioned

am i brainwashed

my dears

to doubt

is infinitely more important than to

adore

to question

is so much more important than to

believe

and it's because we don't do this

that we have people killing one another

the readiness the openness to question

everything

the readiness to doubt everything

doubt says a great indian mystic

is a healing bomb

though it burn at first

it will heal you

it begins to burn because when those

convictions that you've injected

introjected

are beginning to wear off

you feel as if you're losing your whole

life

my gosh i've been a communist all my

life i was seeing the world through

communist eyes

has it ever struck you that if you are

thinking as a communist

you cease to think

if you're thinking as a communist

you cease to think does that make sense

how about if you're thinking as a muslim

same thing as soon as you're thinking as

anything

you stop thinking
as soon as you're looking at the world
through an ideology
but what is an ideology those are words
those are theories
those are ideas and concepts no reality
fits an ideology and all good ideologues
will tell you that they'd say well this
is the best we've come up with
doesn't fit
life is beyond that that is why
people are always searching for a
meaning to life as it never struck you
that life has no meaning
cannot have meaning what is meaning
meaning is a formula
meaning is something that makes sense to
the mind
but every time you make sense out of
reality you bump into something that
destroys it all and you say well god is
a mystery life is a mystery we don't
really understand it we don't really
know
it's like the mystics
graph
meaning

onto their experience of reality
but it is really only a graft
falteringly inadequately they try to
express something
they give some clue they give an
indication as i'll tell you when we talk
about the scriptures they tell you a
story
hoping you'll get a clue but it's not
contained in that formula
goes beyond the formula
meaning is only found when you go beyond
meaning
life only makes sense
when you perceive it as mystery and it
makes no sense to the conceptualizing
mind yes you have a question meaning is
a set of sentences that your mind can
understand
label very well put
yes
can what oh i didn't say adoration
wasn't important i just said that doubt
was infinitely more important than
adoration
everywhere people are searching for
objects to adore

i don't find people awake enough
to question themselves their attitude
their convictions i'll tell you this
how happy we would be
if lot of the number of those terrorists
would adore less and question more how
about that

ah now you're getting what i'm saying
only we don't like to apply it to
ourselves we think we're all right the
terrorists are wrong
you know something the guy who's a
terrorist for you is a martyr for the
other party

yes

is

um

aloneness

aloneness

loneliness is

you're missing people

aloneness is

you're enjoying yourself

remember that quipper bernard shaw

when they asked him whether he was went

they saw him at a party you know those

awful things that you call cocktail

parties where nothing is said
and i just don't see how people enjoy
that but evidently some do so he found
himself at one of these parties and they
said are you enjoying yourself
and bernard shaw said it's the only
thing i'm enjoying here
so aloneness
is when you enjoy yourself and hey
listen to this and others
because you know something
you never enjoy others really when you
are enslaved to them
needing people means
needing them emotionally
community is not formed by a set of
slaves people enslaved to people
people demanding that other people make
them happy
go on you're supposed to make me happy
because my happiness is in you
go on you're not supposed to be moody
now because if you're moody you affect
me
change your mood
i need you
community is formed

by emperors and princesses

you're an emperor you're not a beggar

you're a princess you're not a beggar

there's no begging bowl there

you're enjoying yourself and reality

and so you enjoy everybody because

there's no clinging there's no anxiety

there's no fear

there's no hangover there's no

possessiveness

there are no demands

free people

form community not slave

now

to my mind this is such a simple truth

but you're so right there it has been

drowned out

by a whole culture including a religious

culture religious culture can be very

manipulative

if you don't watch out

this is the end of the tenth tape

this is the 11th tape of the new york

conference's wake up to life by father

anthony demelo

there was another hand up here somewhere

yes

[Laughter]

all right now let me let me reword your
question for you or your comment and you
check me out uh see if i'm all it's all
right she says

to my mind awareness is a kind of a
the high point the plateau until i get
there i want to experience every moment
as it is now first of all don't make a
goal out of awareness there's nowhere to
go

there's nothing to achieve

how do i get to this awareness through
awareness

now when you say you really want to
experience every moment you're really
talking awareness

because

you don't want to experience this guy a
friend of mine who's just gone to
ireland he tells me

he's an american citizen he said i'm
entitled to an irish passport so i'm
getting one because i'm scared to travel
abroad now on an american passport you
know i don't want a terrorist walking in
and say let me have a look at that

passport of yours he says well i'm irish

i fought oppressors too

for this guy well

you don't want to sit next to this guy

on a plane and see an irishman

or an american you don't want to see

labels you want to taste and experience

this person as he is

and you want to do that with everything

unprejudiced

you don't just want to taste your words

how many people spend their lives

not eating food

they're eating the menu

they really are

can you imagine somebody saying

reading the menu and says beefsteak

there it is and

no for heaven's sake wait a minute

that's only an indication of something

that's available

so you want to eat the steak

not the words that's awareness that's

awareness all right

your dependence now

as you become aware of that

as you watch that

disidentify and watch that and as i'm
going to tell you presently don't
condemn yourself you're only going to
make it worse

but if you would see the pain it brings
you you'll drop it
you're quite right you want the pain
you want the pain

of having it
and you're angry with the pain how
wonderful

now
i'm going to ask you a personal question

have you spent
500 hours watching this
that would work out to an hour a day
for over a year

or the book is useless
no no i'm talking about watching

this
have you spent
hours watching this

two two you'll see miracles happening
famous american therapist who said that
get out lose your mind and come to your
senses

yes lose your mind and come to your

senses but now take that with a pinch of
salt huh because you need an intelligent
mind to understand

it's not as if

mere sense awareness

is going to heal you of everything if
you're still keeping your programming
you're still keeping your conditioning

if you still think your wife is a thing
another person if you still think that

you're looking at reality objectively
when you're looking at it distortedly

well just coming to your senses may not
be all that much of a health certainly
your health but one needs intelligence
to understand too

awareness isn't a tool awareness is a
method awareness is the goal awareness
is life

one cannot misuse

awareness one is aware

one cannot

how does one misuse

non-misuse

be aware be aware

no one will tell you

that the unaware life is preferable to

the aware life

be open to feedback

be open to questioning to be open to be

sensitive to be aware

one cannot misuse that yes

all right can one be fully human without

experiencing

tragedy

the only tragedy there is in the world

is ignorance and all evil comes from

there

the only tragedy there is in the world

is

unwakefulness and unawareness

and from there comes fear and from fear

comes everything else

but death is not a tragedy at all

dying is wonderful

but it's only horrible to people who

have never understood life

it's only when you're afraid of life

that you fear death

it's only dead people who fear death

but people who are alive have no fear of

death and one of your american authors

has put it so well

the test

of your awakening i don't remember what

word he uses exactly is the depth of

your belief in injustice and tragedy

what is the end of the world for a

caterpillar

is a butterfly for the master

death is resurrection

but we're not talking

about something that will happen but is

happening right now

if you would

die

to the past

if you would die to every minute the

person who is fully alive is the person

who is full of death

we're always dying to things

we're always shedding everything in

order to be fully alive and to be

resurrected at every moment

now

the mystics the saints and others

their great effort

is to wake people up

if we don't wake them up my dears we're

always going to have these other

minor ills

of
hunger
and war
and violence etc because of the great
ill the great evil of sleeping people
ignorant people we're always coming up
with new schemes aren't we it's a great
debate going on in india about mother
teresa's work because lots of people are
saying what's she doing she's running an
ambulance service for people who are
being crushed by an unjust society you
know imagine a huge factory and people
are getting crushed there so they're
taking these broken bodies and throwing
them out the window and mother teresa
comes along with her sisters picks up
the body puts them in an ambulance and
takes them away
we mustn't do that we got to change the
whole system is that right yeah
well wait a minute i think she's doing a
great work because all right at least
there's somebody to pick up the broken
body and they say
rightly perhaps it's precisely the
owners of the factories who are giving

her the money to to keep the lawn clean

pick them up

something there something

but i wouldn't exclude her work at all

but what exactly do you plan to do now

take over the factory huh yeah

you know what's wrong with the factory

it's being run by wolves

are you going to substitute it with

another set of wolves

you think changing the system and

putting wolves in charge is going to

change it

in mexico there was a jesuit who became

the treasurer of the province he says he

wrote a note to arupe once to ask him

about the relative value of communism

socialism and capitalism and father

arupe gave him a lovely reply he said

a system is about as good or as bad as

the people who use it you know people

with golden hearts would make capitalism

work beautifully

they say look i don't want to crush you

out of the market i'll make a little

space for you so you can run your little

business too or whatever

but if that doesn't change
if people haven't woken up meaning they
have not become sensitive
to reality
then we have tragedy that's the origin
and the root of tragedy
oh yes
all right okay some people want to die
others don't but again that's on another
level see
whether a person wants to die or not is
not the point the point is there's one
fear death or not
and
people who are fully alive
don't fear death anymore
they have nothing to lose
they have no achievements to lean on
uh but i'll have to explain that to you
later let's continue
with uh what i was planning to talk
about and that is change now changing
i said
i i said to you yesterday
we're talking about people who are
always wanting others to change so that
they will be happy remember

and i was saying
don't ask the world to change you change
first
then will get a good enough look at the
world so that you will be able to change
whatever you think ought to be changed
first take the plank out of your own eye
but if you don't take it out of your eye
you have lost the right to change anyone
or anything
till you are aware of yourself you have
no right
attempting to interfere with anyone else
or with the world
now
the danger of attempting to change
others and to change things if you
yourself are not aware is that you may
be changing things
for your own convenience
your own pride
your own dogmatic convictions and
beliefs
or just to relieve your negative
feelings
i happen to have negative feelings so
you'd better change so that i'll feel

good

first cope with your negative feelings

so that when you move out to change

others you're coming from love

you're not coming from hate

you're not coming from negativity

you're coming from love

and strange as it may seem people can be

very hard on others and very loving

the surgeon can be so hard on the

patient and so loving

love can be very hard indeed now

what does self change entail i've said

it in so many words again and again but

i'm going to break it down into little

segments

first insight

not effort

not cultivating habits

not having an ideal

ideals do a lot of damage

you're the whole time focusing on what

should be

instead of understanding what is

and so you're imposing what should be

on present reality

never having understood

what present reality is

now

insight

let me give you an example of that

from my own experience counseling

experience there's this priest who comes

to me and says he's lazy

he wants to be more industrious more

active he is lazy and i say lazy what

does that mean now we're going to get

into awareness into insight

what's he talking about

in the old days i would have said to him

oh you're lazy huh he says yes well

let's see

why don't you do this why don't you make

a list of things you want to do every

day

and then every night you tick them off

that will give you a good feeling and

then so build up a habit or i might say

to him who's your ideal who's your

patron saint he says saying francis

xavier now see how much that guy worked

you got to meditate on your ideal and

that will get you moving et cetera now

that's one way of going about it and i'm

sorry to say it's superficial

making him use his willpower his effort

etc doesn't last very long

his behavior may change but he does not

let's move in the other direction i say

to him lazy what's that you know there

are about

500 million types of laziness

let's hear what's your type of laziness

would you describe what you mean when

you're talking about laziness

he says well you know i never get

anything done

uh-huh

you don't feel like doing anything

that's right i don't feel like doing

anything you mean right from the moment

you get up in the morning yes he says

you know i wake up in the morning and

nothing worth getting up for he says

that's right nothing worth getting up

for you're depressed

he says you could call it that i'm

depressed

so i've sort of withdrawn

have you always been like this

well not always when i was younger i was

more active when i was in the seminary i

was full of life

when did this begin well about three

years ago four years ago anything happen

he's thinking

well if you have to think so much

nothing special could have happened four

years ago how about the year before that

what happened

he said well i was ordained

anything happen in your ordination here

no well there was a little thing the

final examination in theology you know i

failed and

uh it was a bit of a disappointment but

i've gotten over it it's all right

what happened

he says well the bishop is planning to

send me to rome to eventually teach in

the seminary and uh well i rather like

the idea but since i failed in the

examination he changed his mind he sent

me to this parish he said actually that

was an injustice because the man on the

board he was

oh he's getting worked up now there's

anger there

he hasn't gotten over it

we've got to work through that

he's disappointed

it's useless preaching him a sermon

we've got to find out what's happening

there it's useless giving him an ideal

we've got to get him

to face his anger his disappointment to

get some insight into all of that

when he's able to work through that he's

back into life again

if i had only given him an exhortation

if i had said do you have married

brothers and sisters i do do you see how

hard they have to work and you know the

trouble with us clergy we get if we have

everything found for you know we we get

our meals

that'll make him guilty

but he hasn't got self-insight

which is going to heal him

so that's the first thing the marvels of

psychological insight now there's a

great

boon in psychology

great help

modern psychology is indeed a great help

to understand how our emotions keep
tying us into all kinds of situations
not really necessary
it isn't too difficult to unearth
his
addiction is attachment
there's another great help understanding
did you really think this was going to
make you happy
you just assumed it was going to make
you happy
why did you want to teach in the
seminary because you wanted to be happy
you thought that being a professor
having a certain status and prestige
would make you happy would it
understanding is called for there
or the other thing that i told you the
other day when i made the distinction
between i
and me
there's a great help to
disidentify what's going on after we
unearth what's causing your depression
that's not difficult to see at all
don't give put labels to yourself i'm
not going to go over that again because

i've described it already

meditating

and imitating externally the behavior of

jesus is no help

it's not a question of imitating christ

it is a question of becoming

what jesus was it was it's a question of

becoming christ becoming aware

understanding what's going on within you

you know all the other methods we use

for self-change could be compared to

pushing a car

let's suppose

you have to go from here to what shall

we say to syracuse

i have to go from here to syracuse the

car breaks down somewhere say well two

car too bad the car's broken down we

roll up our sleeves and begin to push

the car

and we push and we push and we push and

we push till we get to syracuse

say well

we made it

where do we go next saint louis oh god

so roll about sleeve and push it all the

way to saint louis to say hey

you're making a mess of your life yes

but we got there didn't we

but you call this life you know what you

need you need an expert

you need a mechanic lift the hood say

hey you got to change your spark plug

that's what we do

turn the ignition key

and the car is moving

you need the expert you need

understanding

you need insight you need awareness you

don't need pushing

you don't need effort

that's why people are so tired

people are so weary

this afternoon i'll tell you the root of

the whole thing you were trained and i

was trained to be dissatisfied with

ourselves

that's where the thing is

that's where the evil comes from

psychologically we're always

dissatisfied we're always discontent

we're always pushing so go on make more

efforts

more and more efforts there's always

that conflict inside

but there's very little understanding

i told you about those red letter days

in my life one of them was in chicago

one

was in spain

and the third one was in india it was a

great day really it was the day after i

was ordained

and i sat in a confessional we had a

very saintly jesuit priest in our parish

spaniard spanish priest

i remember the day i went to the

navishit

i thought i'd better make a clean breast

of everything and you know confess

everything so when i go to the bishop

i'll be nice and clean and i won't have

to tell the novice master anything all

right

and also there you know he'd have crowds

of people outside lining up his

confessional because he'd have a violet

curtain and i don't know where he got

this a violet colored handkerchief which

he'd cover his eyes with

and he'd just mumble something and give

you a penance and send you away and he'd
only met me a couple of times you know
once he called me antoni anthony so all
right so you met me in it i i thought i
i go to slay i stood in line when my
turn came i changed my voice
all i said it's uh you know quite a
while since i've been to confession he
listened to me patiently and he gave me
my penance
and he saw gave me the absolution and he
said antoni when are you all god when
are you going to the nurses
well i went to this place the day after
my ordination he said you want to hear
confessions i said yeah all right so he
said go and sit in my confession and i
thought my the holy man ministered in
his confessional i heard confessions for
three hours it was palm sunday we had
the easter crowd coming in
i came out depressed
not at what i had heard
because i had been led to expect that
and having some inkling of what was
going on in my own heart i was shocked
by nothing

you know what depressed me
the realization that i'd give them that
little pious advice now pray to the
blessed mother she loves you and
remember that god is on your side but
what was i saying
were these pious platitudes any cure for
cancer really and this is cancer i'm
dealing with
and i swore a mighty oath to myself that
day
i'll learn
i'll learn
so that it would not be said of me
father what you said was absolutely true
and totally useless
awareness
insight
because when you get the expert when you
become an expert you'll soon become an
expert you don't need to take a course
in psychology you know as you begin to
observe yourself to watch yourself
to pick up those negative feelings
you'll find your own way of explaining
it
and you'll notice the change

but then you'll have to deal
with a big villain
and that villain is self-condemnation
self-hatred
self-dissatisfaction let's continue with
let's continue with change through
awareness
effortlessness in change
it's sort of a nice image for that
the sailboat you have a sailboat with a
mighty wind in its sails
and it glides along so effortlessly
and the boatman what does he have to do
nothing but steer
he makes no effort he doesn't push the
boat
that's something of an image
of what happens when change comes about
through awareness
through understanding
plenty of quotes today
i
was going through
uh some of my notes this afternoon and i
found some quotes that fit pretty well
with what i've been saying this morning
so i thought i'd read them to you listen

to this one there is nothing so cruel as

nature

in the whole universe

there is no escape from it

and yet

it is not nature that does the injury

but the person's own heart

does that make sense

it isn't nature that does the injury

but the person's own heart

you know the story of paddy who fell

from the scaffolding and got a good bump

he was working on that building and they

said did the fall hurt you paddy and

patty says no it was the stop that hurt

not the fall

[Music]

when you cut

water

the water doesn't get hurt

when you cut

something that's solid it breaks

you got solid attitudes inside

you've got solid illusions inside that's

what bumps against nature

that's where you get hurt that's where

the pain comes

beginning to make sense my i've been
talking about nothing else these days
you pick up your addictions
you pick up your illusions you identify
yourself with the me
you're going to get hurt
you're going to experience pain
so that's where it comes from how come
you experience so much pain in this
situation someone else doesn't
same situation
different heart
different outlook
different attitude
change your attitude
something will happen
here's a lovely one
these are mostly from oriental sages
don't even remember from whom it really
doesn't matter like in the bible the
author doesn't matter
what is said is what matters
if the eye is unobstructed
the result is sight
if the ear is unobstructed the result is
hearing if the nose is unobstructed the
result is a sense of smell if the mouth

is unobstructed the result is a sense of

taste if the mind is unobstructed

the result is wisdom

when you drop those barriers that you

have erected through your concepts and

conditionings

wisdom is not something acquired

wisdom is not experience

wisdom comes from not being influenced

by experience

wisdom is not applying yesterday's

solution

to today's problem

somebody said to me when i was doing my

degree in psychology in chicago years

ago someone said frequently in the life

of a priest 50 years experience is one

year's experience repeated 50 times

you got the same solutions this is the

way to deal with the alcoholic this is

the way to deal with priests this is the

way to deal with sisters this is the way

to deal with the divorcee that isn't

wisdom

wisdom is to be sensitive to this

situation

to this person

uninfluenced by any carry over from the
past no residue from the experience of
the past
quite unlike what most people are
accustomed to thinking
i would add another sentence to the ones
i've read
when the heart is unobstructed
the result is love
now i've been talking a great deal about
love these days
and i told you there's nothing that can
be said really about love
we can only speak of non-love
and drop that
we can only speak of addictions and drop
that
but of love itself nothing may be said
explicitly
how would i describe that you know what
i decided to do
uh i hope it will go down well with you
i decided to give you one of those
meditations i'm writing in a new book of
mine one of those reflections i'll read
it to you slowly and you meditate on it
as we go along because i've got it put

down rather pitifully there and i could
get that done in three or four minutes
otherwise it would take me half an hour
let's try it out shall we
okay it's a comment on a gospel sentence
and the sentence is most of these
reflections i've written in this book
uh deal with gospel reflections
i was just thinking this morning of
another nice reflection this one comes
from plato by the way one cannot make a
slave
of a free person
for a free person is free even in prison
or rather one cannot make a slave of a
wise
person
does that ring a bell if someone forces
you to go one mile
go too
you think you've made a slave out of me
putting a load on my back you haven't
exactly what i was talking about all of
these days you're trying to change
exterior reality my dear
if you need to be out of prison in order
to be free

you are a prisoner indeed

freedom is not in exterior circumstances

freedom resides in the heart

and when you have attained wisdom

who can enslave you

and you're out of prison and enslaved by

your addictions and your attachments and

your conditionings

and your negative emotions you call

yourself free

aha there it is

now listen to this gospel sentence

he sent the people away

after doing that he went up to the

mountain to pray

alone

it grew late

and he was there

all by himself

that's what love is all about

has it ever occurred to you that you can

only love when you are alone

what does it mean to love it means to

see

a person a thing a situation

as it really is and not as you imagine

it to be

and to give it the response that it
deserves you can hardly be said to love
what you do not even see
and what prevents us from seeing
our conditioning
our concepts our categories our
prejudices our projections
the labels that we have drawn from our
culture
and from our past experiences
seeing is the most arduous thing that a
human being can undertake
for it calls for a disciplined alert
mind
remember what i said to you this morning
am i really seeing this person
or am i coming from my conditioning or
from my prejudiced view
it calls for an alert mind
but most people would much
rather lapse into mental laziness
then take the trouble to see each person
each thing
in present moment freshness
let's stop there now
and ask
is that clear

or isn't it

to see

that's the least we could demand

of love

see me

as someone said once

i'll always remember the false image

that i had of you i will always love the

false image that i had of you

am i loving the image or am i loving

this person

am i projecting something from the past

on to this person

very well to drop your conditioning in

order to see is arduous enough

but seeing calls for something that is

more painful still the dropping

of the control

which

society exercises over you

a control

whose tentacles have penetrated to the

very roots of your being

so that to remove it

is like tearing yourself apart

what is this control

if you wish to understand this think of

a little child
that is given a taste for drugs
as the drugs
penetrate the body of the child it
becomes addicted and its whole being
cries out for the drug
to be without the drug
is so unbearable a torment
that it seems preferable to die
think of that image
the body
has got addicted to the drug
now this is exactly what your society
did to you when you were born
you were not allowed to enjoy the solid
nutritious food of life
namely
work
play
fun
laughter
the company of people
the pleasures of the senses and the mind
you are given
a taste
for the drug
called approval

appreciation

attention

you know to the point where

psychologists began to tell us

that a child

needs

attention

you've got to give him plenty of

attention after you've drugged the child

yes

i'll be quoting

a great

great man after a while a man called

neil those of you in education of

shirley hurlifen a.s neil the author of

summerhill

remind me to recommend two books to you

tonight i'll write them on the board

only going to recommend two and one of

them is going to be summerhill neil

neil says

the sign of a sick child is that it is

always hovering around its parents

it is interested in persons

the healthy child has no interest in

persons

it is interested in things

you know when when the child is sure of

mother's love it forgets mother it's

going out to explore the world it's

curious

looking for a frog to put into its mouth

kind of thing

when he's hovering around mother bad

sign

he's insecure

maybe mother has been trying to suck

love out of the child

and not giving the child given the child

all the freedom and assurance it wanted

mother's always been threatening to go

away in many subtle ways

all right so we were given a taste for

the drug called addiction

approval

attention

the drug called success

you got to make it to the top

prestige get your name in the papers

power be the

boss that's a success story

people take orders from you

we were given a taste for this be the

captain of the team

lead the band

having got a taste for these drugs

you became addicted

and began

to dread

their loss

so the control

you felt terror at the prospect of

failure

of making mistakes

the prospect of criticism from others

so you became cravenly dependent on

people and you lost your freedom others

now have the power

to make you happy or miserable

you're craving for your drug

and much as you hate the suffering that

this involves

you find yourself completely helpless

there is never a minute when consciously

or unconsciously

you are not aware

of you're not attuned to the reaction of

others

marching to the beat of their drum

a nice definition

of an awakened person is

that this person no longer marches to

the drums

of society

this person dances to the tune of the

music that springs up from within

when you are ignored

or disapproved of

you experience a loneliness so

unbearable that you crawl back to people

to beg

for the comforting drug

called support

encouragement

reassurance

to live with people

in this state

involves a never-ending tension

have you ever paused to think of that

living with people

is tension

sartre

hell is the other

how true when you are in this state of

dependence but how true

you've always got to be

on your best behavior

you can never let your hair down

you've got to live up to expectations

you're always tense

to be with people

is to live in tension

to be without them

brings the agony of loneliness

you miss them

you have lost your capacity

to see them exactly as they are

and to respond to them accurately

because

your perception of them is clouded

by the need to get your drug

you see them in as much as they are a

support for getting your drug

or a threat

to having your drug removed

you're always looking at people

consciously or unconsciously through

these eyes

will i get what i want from them

will i not get what i want from them

and if they can neither support nor

threaten my drug i'm not interested in

them that's a horrible thing to say

but my dear friends i wonder if there's

anyone in this room of whom this cannot

be said

if we really dropped our illusions

in as much as they can give me what i

want

or deprive me of what i'm what i want

i'm interested

i'm alert

otherwise

not much interest or no interest at all

the consequence of this is terrifying

and unescapable

you have lost

your capacity

to love

if you wish to love

you must learn to see

again

and if you wish to see

you must give up your drug

as simple

as that

give up your dependence

you must tear away from your being the

tentacles of society that have

penetrated to the marrow

you must drop out

externally everything will go on before

you will continue to be in the world

but will no longer be of it

because in your heart

you will now be free at last

and utterly

alone

your drug

sorry

it is only in this aloneness

in this utter solitude

that dependence on your drug will die

incidentally

aloneness means

not

not having the company of people

it means

not depending emotionally anymore

this for this aloneness you don't go to

the desert

you're right in the middle of people

you're enjoying them immensely

but they no longer have the power to

make you happy or miserable that's what

aloneness means

so in this solitude your dependence dies

and the capacity to love is born

for one no longer sees others

as means of satisfying
one's addiction
only someone who has attempted this
knows the terror of the process
it is like inviting yourself to die
it is like asking the poor drug addict
to give up the only happiness he has
ever known
and to replace it with the taste for
bread
and fruit
and the clean fresh morning air
and the sweetness of the water from the
mountain stream
while he is struggling with his
withdrawal symptoms
and with the emptiness that he
experiences within himself
now that his drug is gone
to his fevered mind
nothing can fill the emptiness
except his drug
can you imagine a life
in which you refuse to enjoy
to take pleasure
in a single word of approval and
appreciation

or to rest your head on anyone's
shoulder
for support
a life in which you depend on no one
emotionally so no one has the power to
make you happy or miserable anymore
you refuse to need any particular person
or to be special to anyone
or to tell any to call anyone your own
even the birds of the air have their
nests
and the foxes their holes
but you will have nowhere to rest your
head
in your journey through life
if you ever get to this stage
you will at last know what it means to
see
with a vision
that is clear
and unclouded by fear or desire
every word there is measure
to see at last with a vision
that is clear
and unclouded by fear
or by desire
and you will know what it means to love

but to come to the land of love
you must pass through the pains of death
for to love persons
means
to have died to the need for persons
and to be utterly alone
how would you ever get there
by a ceaseless awareness
by the infinite patience and compassion
that you would have for a drug addict
by developing a taste for the good
things of life
to counter the craving for your drug
what good things the love of work
which you enjoy doing for love of itself
the love of laughter
and intimacy with people
to whom you do not cling
and on whom you do not depend
emotionally
but whose company you enjoy
it will also help
if you undertake activities that you can
do with your whole being i just said
that
activities that you so love to do that
while you are engaged in them

success or recognition or approval

simply do not mean a thing to you

it will help too if you return to nature

send the crowds away

go up into the mountains

and silently commune

with trees and flowers and animals and

birds

with sea and clouds and sky and stars

remember i told you yesterday

what a spiritual exercise it is

to gaze at things

to be aware of things around you

hopefully

the word will drop

the concept will drop and you will see

and you will make contact with reality

that is the cure for loneliness

generally we seek to cure our loneliness

through emotional dependence on people

and through gregariousness

and noise

that is no cure

get back to things

get back to nature

go up into the mountains

then you will know that your heart has

brought you into the vast desert

of solitude

there is no one there at your side

absolutely

no one

at first

this will seem unbearable

but it is only because you are

unaccustomed

to aloneness

but if you manage to stay there for a

while

the desert will suddenly blossom into

love

your heart will burst into song

and it will be springtime forever

it really

will

the drug is out

you're free

then you will understand my dears

what freedom is

what love is

what happiness is

what reality is

what truth is

what god is

you will see

you will know

beyond those concepts

beyond your conditioning

beyond your addictions and your

attachments

does that make sense

let me end this with a lovely story

there was a guy

who invented the art of making fire

so he took these tools with him

and went to a tribe up in the north

where it is very cold bitterly cold

and he taught the people how to make

fire

the people were interested

and he showed them the uses to which he

could put you could put fire to you

could cook you could keep yourself warm

etc

my

they were so grateful

they learned the art of making fire but

before they could express their

gratitude to the man he disappeared

he wasn't concerned about getting their

recognition or their gratitude he was

concerned about their well-being
and he went to another tribe
where again he began to show them the
value of his invention
and people were interested there too
a bit too interested
for the peace of mind of their priests
who began to notice
that this man was drawing the crowds
and they were losing their popularity
so they decided to make a way with him
which they did they poisoned him they
got rid of him
they stoned him they crucified him put
it any way you like
but they were afraid now
that the people might turn against them
so they were very wily you know what
they did they had a portrait made of the
man
and they mounted it upon the main altar
in the temple and those instruments for
making fire were placed there in front
of the portrait and people were taught
to revere the portrait and to pay
reverence to those instruments of fire
which they dutifully did for centuries

the veneration and the worship went on

but there was no fire

where's the fire

very religious where's the fire

where's the load

where's the drug uprooted from your

system where's the freedom

this is what spirituality this is what

religion is all about

tragically we tend to lose sight of it

don't we

this is what jesus christ is all about

but then

we over emphasize the lord lord didn't

we

where's the fire

and if worship isn't leading to the fire

if adoration isn't leading to love

if the liturgy isn't leading to clearer

perception of reality

if god isn't leading to life of what use

is it

except to create more divisions

more fanaticism more antagonisms etc

and so awareness

it is not

from lack of religion in the ordinary

sense of the word that the world is

suffering and you know that

it is from lack of love

lack of awareness

and love is generated through awareness

no other way

no other way

when the heart is unobstructed

the result

is love when the mind is unobstructed

the result is wisdom

understand the obstruction

and it will drop

understand the obstacles you are putting

to the way of love and freedom and

happiness and they will drop turn on the

light of awareness

and the darkness will disappear this is

the end of the 11th tape

this is the 12th tape of the new york

conference's wake up to life

by father anthony demello

happiness is not something you acquire

love is not something that you produce

love is not something that you have

love is something that has you

you do not have the wind and the stars

and the rain

you don't possess these things

you surrender

and surrender occurs when you are aware

of your illusions

when you are aware of your addictions

when you are aware of your desires and
fears

and so i told you this morning first

psychological insight that's a great

help not as i will tell you at the end

of this lecture not analysis

analysis is paralysis

and i'll explain that to you

insight isn't necessarily analysis one

of your great american therapists put it

very well he said it is the aha

experience

merely analyzing me gives me no help it

just gives me information but if you

could produce the aha experience that's

inside that is change

then

the understanding of your addictions

you need time

allah so

much time that is given to worship

and to singing praises

and to singing songs

could so fruitfully be employed

in self-understanding

community my dears

is not produced

by joint liturgical celebrations

you know deep down in your heart

and so do i

that they only serve to paper over

differences

community is created by understanding

the blocks

that we put to community

by understanding the conflicts that

arise

from our fears and our desires

then community arises

we must always beware of making worship

yet another distraction

from the important business of living

and living doesn't mean working in the

foreign ministry as we call it in india

or working in government or being a big

businessman or doing great acts of

charity that isn't living

living is

to have dropped all the impediments and

to live in present moment freshness look

at the birds of the air

they do not toil and spin that is living

come alive

you're dead

i began by saying people are asleep

people are dead

dead people

running governments

dead people doing big business dead

people educating others

come alive

now worship must help this

or else it's useless

and increasingly you know this and so do

i

we we're losing the youth everywhere

they see this

they're not interested they're not

interested in having more fears and more

guilts laid on them

they're not interested in more sermons

and exhortations

but they are interested in how can i

love of course they are

how can i be happy

how can i live

how can i taste these marvelous things

that the mystics tell us

so that's the second thing understanding

third

don't identify somebody asked me as i

was coming up to the hall this afternoon

do you ever feel low

boy do i feel low i certainly do every

now and then i get my attacks of low

feelings but you know they don't last

they really don't

what do you do i told you i gave you a

four point program put it into action

and see the results it's miraculous

don't identify

here comes the low feeling all right

well no feeling low instead of getting

tense about it instead of getting

irritated with yourself about it

understand i'm feeling depressed

i'm feeling disappointed or whatever

second step

the feeling is in me

not in the other guy

not in the person who didn't write me

that letter

not in it's not in the exterior world

it's in me

you know what that understanding alone

does for you try it out

it's miraculous when i suddenly realize

that it's in me it's not outside because

you know as long as i think it's outside

i feel justified in holding on to my

feeling

anybody would no no anybody wouldn't

feel this way only idiotic people feel

this way

only sleeping people do

third

don't identify

with the feeling

i is not that feeling

i am not lonely i am not depressed i am

not disappointed disappointment is there

one watches it you'd be amazed how

quickly it glides away

anything you're aware of keeps changing

the clouds keep moving

as you do this

you also get all kinds of lovely

insights into why they were coming there

in the first place

strange but true i'm a therapist you

know

you don't even need to keep delving into

your past anymore

you're able to cope with them right here

in the present

those feelings

another understanding so the i and the

me yet another thing that i would

recommend

and it is

that you would understand that most of

our evils arise

from violence to ourselves

self-dissatisfaction

i've got a lovely lovely quote for you

a few sentences that i would write in

letters of gold

that i picked up from this book

summerhill written by this guy neil

listen to this

i must give you the background

you probably know

he was a man who was in education for 40

years he developed this kind of maverick

school

where he took in these boys and girls

and he just left them free that's all
you're free to do whatever you want you
want to learn to read and write fine you
don't want to learn to read and write
fine
you can do anything you want
with your life
provided you don't interfere with the
freedom of someone else
don't interfere in someone else's
freedom otherwise you're free he says
uh the worst ones were the ones who came
to me from convent schools these were in
the old days of course the convent
schools
he said it took them about six months to
get over all the anger and the
resentment that they had repressed so
they'd be six months a rebelling
fighting the system he says the girl who
had the record
uh would take a cycle and for six months
would be cycling in town avoiding class
avoiding school avoiding everything once
they got over their rebellion everybody
wanted to learn everybody was protesting
why don't we have class today everybody

was interested but they would take what

they were interested in

now

they'd be transformed amazing

unbelievable incredible transformed

parents were frightened to send their

children to the school in the beginning

because they said how could you bring

them up if you don't discipline them

and you got to teach them you got to

guide them you can't leave them free

etc etc oh you must read that book

it was it created a revolution in my

life summer hill a s neil

n e i l

i'm not sure if it's a double l now it's

a n e i l l a s neil somehow paperback

you find it everywhere

now

what was the secret of his success he'd

be getting

so to speak the worst kind of kids the

kids that everybody had despaired off

and within six months they were all

transformed listen to what he says

extraordinary words holy words

that's a holy book

he says every child

has god in him

our attempts to mold the child

will turn the god into a devil

our attempts to mold the child

will turn the god into a devil

children come to my school little devils

hating the

world destructive

unmanly

lying

thieving

bad tempered

in six months

they are happy healthy children who do

no evil

these are amazing words coming from a

man

who has this school of his in britain

that is regularly inspected by people

coming from the ministry of education

and by any headmaster or headmistress or

anyone who cared to go there

amazing

well it was his charism

you don't do this kind of thing from a

blueprint you've got to be a special

kind of person

he says in some of his lectures to head

masters and head mistresses he said come

on into summerhill and you'll find that

all the fruit trees are laden with fruit

nobody's taking the fruits off the trees

no desire to attack authority

they're well fed and they don't feel any

desire to attack authority there's no

resentment and anger

come to summerhill and you'll never find

a handicapped child with a nickname you

know how cruel kids can be

when someone stammers he says you'll

never find anyone

needling a stammerer never

there's no violence in those kids

you know why no one's practicing

violence on them that's why

listen to these words of revelation

sacred words there's no violence in

those kids

do you know why because no one has

practiced violence on them that's why

you know something else

we have peoples in the world who are

like this no matter what your scholars

and priests tell you

and your theologians

there are and have been people

where there has been no quarrels no

jealousies no conflicts no wars no

enmities none

they exist in my country also i'm sad to

say they existed till relatively

recently i've had friends of mine

jesuits go out to work live and work

among people who they assured me are

incapable of stealing or lying they

cannot

one sister said to me that when she went

to the northeast of india to work among

some tribes there

uh then the misos

uh

meghalaya in megalia up there in the

north east of india he said you know

when we first went there 40 years ago

the people would lock up nothing

nothing was ever locked up nothing was

ever stolen

and they never told lies until the

indian government officials and the

missionaries showed up

she said both

that's important to understand

we went there to reform them to change

them to mold them

every child has a god in him our

attempts to mold the child will turn the

god into a devil

now you try to figure that one out why

would this be

you know there is that uh

i can't resist telling you this cameras

or no cameras

listen to this there is that lovely

italian film of fellini i think eight

and a half now i haven't seen it but i

read a book about it and this guy

describes a scene in that scene there's

a christian brother who's going out for

a picnic or an excursion with a group of

kids i guess 8 to 10 year old kids boys

and they're on the beach and this group

of kids moves right on ahead

while the brother comes and brings up

the rear guard kind of with three or

four kids with him now these boys go on

ahead and they come across an old woman

who's a

and they say to her hi and she says hi

and they say who are you and she says

i'm a prostitute

they don't know what that is but they

pretend they do and then they ask one of

the one of the guys who seems a bit more

knowing than the others he says a

prostitute is a woman who does certain

things

uh if you pay her

they say would she do those things if we

paid her he said yeah why not

so they make a little collection it

seems and they give her the money and

they say would you do uh certain things

now that we've given you the money she

says hi yeah sure kids what do you want

me to do now the only thing that occurs

to the kids is take your clothes off so

she does

well

look at that never seen it before

now they want to uh

they don't know what else to do they say

would you dance she said sure

so they all gather around and they're

singing and clapping and the old the old

is you know kind of moving her her
hind and so on and they're enjoying
themselves immensely now the brother
sees that

he comes staring down the beach he
breaks into the circle he yells at the
woman he gets her to put her clothes on
and the author says at that minute the
kids have been spoiled till then they
were innocent and beautiful

he spoiled them

i have a rather conservative
missionary

in india a jesuit brother of mine
who well not a blood brother you
understand brother because jesuit
who came to a workshop of mine something
like this and i developed the steam over
two days

oh he suffered

he came to me at the end of the second
day at night and he said tony

i can't explain to you how much i'm
suffering

here listening to you i said why stan he
said you know

you're reviving within me

a question

that i've suppressed

for 25 years

it's a horrible question

and i said what is it

and he said

again and again i have asked myself

have i not spoiled my people

by making them christian

he is none of your liberals he isn't one

of your liberals by the way

he's an orthodox pious devout

conservative man

have i not spoiled them

by making them christians

they were a happy loving simple

guideless people

till i got there

you know the story of the american

missionaries who went to the the south

sea island with their wives protestant

missionaries they were horrified to see

these women coming bare breasted to

church and they insisted with their

husbands that the women should be more

decently dressed so then they gave them

shirts to wear

that to put shirts on
i i guess so they could give their own
hang ups to the natives
well next sunday the women showed up
with their shirts and two big holes cut
out for comfort
higher for greater comfort you
understand
ventilation it's like this
they were all right it's the missionaries
who were all wrong
they were all right
you read that book papi your
papi your all right you know i wouldn't
have believed the word of what that man
was saying if i hadn't read studies in
certain tribes not all tribes
unfortunately lots of tribes are very
cruel and very inhuman but you do run
into places so that movie the gods must
be crazy
that's what i'm talking about
that's what i'm talking about something
like that
but what about progress they say to me
to which i reply progress what are you
talking about you're talking about jumbo

jets and putting people in space
and star wars you call that progress
progress is love progress idiot
heart progress idiot that's what
progress is did you forget that
are we more loving that's progress
not have we created vehicles of greater
speed and precision that's not progress
so there it is
you know where oh my goodness i was i
was reading neil to you i'm so sorry i
got carried away
he says in six months they are happy
healthy children who do no evil these
kids are not tribals
they're coming from so-called civilized
society
whose parents were civilized barbarians
and they're the victims of these
barbarians and this barbaric society
which has imposed all kinds of things on
these four kids
well
in six months they are happy healthy
children who do no evil and now get
ready for a shock
and i am no genius says neil i am merely

a man
who refuses to guide the steps
of children
how about that huh how about original
sin huh
how about the born evil huh
every child has a god in him
our attempts to mold the child will turn
the god into a devil
so i am no genius i am merely a man who
refuses to guide the steps of children i
let them form their own values
and the values are invariably good and
social can you believe that
when a kid feels loved which means
when a kid feels you're on his side
you're on her side
she's okay
the kid doesn't experience any violence
anymore
no fear
so no violence
loving
the kid begins to treat others the way
he or she has been treated
understandably you've got to read that
book

you can make your bible meditations on

that

it's a holy book it really is read it

it

revolutionized my life it revolutionized

my dealings with people and the miracles

i began to see it revolutionized my

dealings with me

i began to understand

all the self-dissatis

that had been ingrained into me

the competition the comparison the go on

you've got to improve that's not enough

etc etc etc

and you mean if they hadn't pushed me i

wouldn't have been what i am did i need

all that pushing

and anyway who wants to be what i am i

want to be happy i want to be holy i

want to be loving i want to be at peace

i want to be free

i want to be human

all right and then he adds

the religion that makes

people good

also makes people bad

but the religion knows known as freedom

makes all people good
for the for it destroys the conflict
that makes people bad the self-conflict
the religion known as freedom
makes them all good
for it destroys that self-conflict
that makes them bad do you know where
wars come from
they come from self-conflict
we're projecting outside of us the
conflict that is inside
show me an individual in whom there is
no inner self-conflict and i'll show you
an individual in whom there is no
violence there'll be effective action
there'll be hard action
there is no hatred
there's only understanding
when he or she acts they act as the
surgeon act
when he or she acts they act as a loving
teacher act with mentally
people or children or whatever
you don't blame them
you understand but you swing into action
but when you swing into action with your
own hatreds and your own violence well

you've compounded the error you're
trying to put fire out with more fire
you're trying to deal with a flood by
adding water to it

so

every child has a god in him our
attempts to mold the child will turn the
god into a devil children come to my
school little devils hating the world
destructive unmanly lying thieving bad
tempered in six months they are happy
healthy children who do no evil

and i am no genius i am merely a man who
refuses to guide the steps of children i
let them form their own values
and the values are invariably good and
social

the religion that makes people good
makes people bad but the religion known
as freedom

makes all people good for it destroys
the inner conflict

i've added the word enough that makes
people devils

he has a horrible statement

he says the first thing i do when a

child comes to summerhill is destroy its

conscience

would you believe that

the first thing i do when a child comes

to summerhill is destroy its conscience

you know what he's talking about

he's talking about

please i assume he's talking about it

because i know what he's talking about

you don't need conscience when you get

consciousness you don't need conscience

when you have sensitivity you don't need

a conscience

you're not violent you're not fearful

now you think this must be an

unattainable ideal

well

read that book

and i have run into an individual here

or two here or there

who suddenly stumbles upon this and

knows

so that's one more thing you must

understand the root of the evil within

you as you begin to understand this you

stop making demands on yourself you stop

making

having expectations of yourself you stop

pushing yourself and you understand

gee that would take us 20 days to

comment on

but you've got the kernel you've got the

seed you can develop it there's one last

thing i have to say but i'm going to

give you a little break before that and

it is this you know connected with

change through awareness the last thing

is what i insinuated

in that meditation that i read to you

and it is this

nourish yourself on wholesome food

good wholesome food and i'm not talking

about physical food

i'm talking about sunsets about nature

about a good movie about a good book

about enjoyable work about good company

and hopefully you will break your

addiction

to those other feelings

just think what kind of feeling comes

upon you when you're in touch with

nature

or when you're absorbed in your work

that you love

or when you're really conversing with

someone who's company you enjoy in
openness and intimacy without clinging
what kind of feelings do you have
compare those feelings with the feelings
that come when you win an argument or
you won a race
or you become popular
or everybody is applauding you a
different type of feeling
those feelings i call
worldly feelings
the other feelings i call
soul feelings
lots of people gain the world and lose
their soul
lots of people live empty soulless lives
because they're feeding themselves on
popularity on appreciation on praise on
i'm okay you're okay on look at me
attend to me support me value me on
being the boss on having power on
winning the race you feed yourself on
that you're dead
you've lost your soul
feed yourself on other more nourishing
material
then you see the transformation

given your whole program for life

haven't i

there's still one important point i want

to make and i don't want that to be left

hanging in the air i want to round the

whole thing off

now

i told you

you need awareness and you need

nourishment

you need good healthy nourishment

learn to enjoy the solid food of life

good food that too good wine good water

taste lose your mind and come to your

senses that's good healthy nourishment

the pleasures of the senses and the

pleasures of the mind

good reading when you enjoy a good book

or a real good discussion

thinking marvelous

see unfortunately

people

have gone crazy

and they're getting more and more

addicted because they do not know how to

enjoy the lovely things of life

so they're going in for greater and

greater artificial stimulants

some years ago president carter

during the oil crisis

made an appeal

to americans everywhere to go in for

austerity i thought to myself

he shouldn't tell them to be austere he

should tell them to really enjoy things

most of them have lost their capacity

for enjoyment

i really do believe that most people

have in affluent countries

they got to have more and more expensive

gadgets

they can't enjoy the simple things of

life

and then i walk into all kinds of places

where they have all the most marvelous

music you know get these records at a

discount or whatever they're all stacked

i never hear anybody listening to them

no time no time no time no time they're

guilty

no time to enjoy life they're overworked

go go go go go

if you really enjoyed

life

and the simple pleasures of the senses
you would be amazed you developed that
extraordinary discipline of the animals
an animal will never overeat
left in its natural habitat it will
never be overweight
it will never drink or eat anything that
is not good for its health never but
never touch it never find an animal
smoking
it always exercises as much as it needs
look at your cat after it's had its
little breakfast look how it relaxes and
see how it springs into action
look at the suppleness of its limbs and
the aliveness of its body
we've lost that
we got lost in our minds and our ideas
and our ideals and so on and it's always
go go go
and we've got an inner self conflict
which the animals don't have
and we're always condemning ourselves
and making ourselves guilty you know
what i'm talking about because
i could have said of myself
but one jesuit friend said to me some

years ago

take that plate of sweets away because

in front of a plate of sweets or

chocolates i lose my freedom

he said and that was true of me too i

lost my freedom in front of all kinds of

things

no more

no more

i'm satisfied with very little

and i enjoy it intensely when you've

enjoyed it intensely you need very

little

but you've lost your capacity for

enjoyment

you're never there

it's like people who are busy planning

their vacation

and they spend months planning it they

get to the spot and then they're all

anxious about their reservations for

flying back

but they're taking pictures all right

and later they'll show you

pictures in an album of places that they

never saw

but that they photographed

that's a symbol of modern life
so i cannot insist enough on this kind
of asceticism slow down
and taste and smell and hear and let
your senses come alive
you want a royal road to mysticism
sit down quietly and listen to all the
sounds around you
so that as far as possible no sound is
excluded
you do not necessarily focus on any
sound but you hear them all
or you will see the miracles that happen
to you if you are able to do this
when your senses come unclogged
so that is extremely important for the
process of change
that
with awareness as i've explained to you
all of today
before the end of the session i do want
to give you a taste
of the difference between analysis and
awareness
or information on the one hand and
insight on the other
information is not insight

analysis is not awareness

knowledge is not awareness suppose i

walked in here

and there was a snake crawling up my arm

and i say to you you see the snake

crawling up my arm

i just checked in an encyclopedia you

know the encyclopedia britannica before

coming into the session and i find that

this snake is known as a russell's viper

if it bit me i would die inside of half

a minute

would you kindly suggest ways and means

by which i could get rid of this

creature that's crawling up my arm who

talks like this

i got the information but i got no

awareness

i'm destroying myself through alcohol

would you kindly suggest ways and means

i could get rid of this this guy got no

awareness

he knows he's destroying himself but

he's not aware of it if he were aware of

it it would drop that minute

if i were aware of what this thing was

i wouldn't brush it off my arm it would

get brushed off through me

that's what i'm talking about that's the

change i'm talking about you don't

change yourself it's not me changing me

change takes place through you in you

that's about the most adequate adequate

way i can express it

you see

[Music]

change take place in you

through you in your awareness

it happens

you don't do it

when you're doing it bad sign

won't last

and if it does

god have mercy on the people you're

living with

because you're going to be very rigid

you know

these people who are converted on the

basis of self-hatred and

self-dissatisfaction

boy they are impossible to live with

uh-huh

somebody said you want to be a martyr

marry a saint

[Laughter]

so uh

so god have mercy on all of us if you

that the change lasts

because you're so rigid on yourself

you're going to be rigid than everyone

else

but in awareness you keep your softness

your subtleness your gentleness your

openness your flexibility

and you don't push

change occurs remember an alcoholic

priest telling us in chicago when i was

studying

my psychology there he said you know i

had all the information

and i knew that the alcohol was killing

me

and believe me

nothing changed and it changes an

alcoholic not the love of his wife or

the love of his kids and he does love

them but it doesn't change them but he

said i discovered one thing that changed

me

i was lying in a gutter one day there

was a slight drizzle i was in the bad

books of the archbishop again

we had been friends before

uh

not too friendly now anymore but all of

that did not affect me but he said in

that moment i opened my eyes

and i saw

that this was killing me but i saw it

i've never had the desire to touch a

drop after that

he said as a matter of fact i've even

drunk a bit after that but

never more than i needed or never more

never enough to damage me i couldn't do

it i just cannot do it i've seen

i've been aware that's what i'm talking

about awareness

not information awareness

a friend of mine who was given to

excessive smoking said you know he had

all kinds of little jokes he'd say oh

come on they tell us that tobacco kills

people uh look at the ancient egyptians

they're all dead and none of them smoked

they're all dead

so uh that kind of thing well one day he

was having trouble with his lungs he

went to our uh

cancer research institute in bombay

which is pretty well equipped he went

there and the doctor said father you've

got two patches on your lungs it could

be cancer you'll have to come back next

month you know he never touched a

cigarette after that

he knew it could kill him before now he

was aware that it could kill him that's

the difference

the founder of my religious order saint

ignatius has a nice expression for that

he says he calls it

tasting and feeling the truth not

knowing it but tasting and feeling it

getting a feel for it ah when you get a

feel for it you change

when you know it in your head you don't

listen to this for instance

just give you a couple of examples more

and then we'll end

i've often said to people

the way to really live but to really

live

is to die

or

the passport for live to living
is to imagine that you're in your grave
can you imagine that
you're lying in your coffin now any
pasta you like nice in india they put
them in in india we put them
cross-legged what do you know you know
when they're there oh yes yes and they
sometimes carried that way to the to the
burning ground sometimes they're lying
flat and so on all right so imagine
you're lying flat and your hands are
there and
uh one over the other
and you're dead
look at your problem from that viewpoint
now come on look at it
changes everything doesn't it
sure does
or
if someone says you know really bothers
me that after a hundred million years no
one except a handful will probably
remember me says this guy
what do they think he is after 100
million years but anyway now
your

the coffin what a lovely lovely
meditation do it every day if you have
the time huh you'll come alive it's
unbelievable you know i've got i've got
a meditation about that in that book of
mine wellsprings where you see the body
decomposing then you've got bones then
you've got dust and you know every time
i talk about this i had people say
oh
what's so disgusting about it this is
reality the heaven's sake
see i told you you don't want to see
reality who conditioned you
you want to think of death
you people don't live most of you you
don't live
you're just keeping the body alive
that's not life
you're not living until you don't it
doesn't matter a thinker's damn whether
you live or you die now you live
only when you're ready to lose your life
you live it when you're protecting your
life you're dead you're sitting up there
in an attic
and i say to you come on out you say no

no no no no you know if you guys i read
about people going down the stairs and
they slip and they break their necks
that's too dangerous
and i can't get you to cross the street
because say do you know how many people
get run over when they're crossing the
street and if i can't get you to cross
the street how could i get you to cross
continents
and if i can't get you to peep out of
your little narrow beliefs and
convictions and take a look at another
world my i mean you're dead
you're completely dead
life has passed you by
you sat in your little prison you're
scared you're frightened you're
frightened you lose your god you lose
your religion you lose your friends you
lose your health you lose all kinds of
things
life is for the gambler
it really is
that's what jesus was saying
you're ready to risk it and you know
when you're ready to risk it when you

found it

when you know

that this thing that people call life is

not really life you found something else

when you have seen something else and it

doesn't matter whether you live or die

everywhere i go it seems to matter so

much to keep people in a state in a

vegetable state you know it's like when

the body perishes

life disappears so people frequently

mistake

keeping

the body alive with living it's not the

same as living

now

love the thought of death

love it

go back to it again and again

think of the loveliness of that

corpse

of that skeleton

of those bones crumbling till you got a

handful of dust

huh huh

and from the

from there now

look at your life

what a relief

what a relief

most of you probably don't even know

what i'm talking about you're too

frightened to think of it probably

it's such a relief you know

when you can look back on life from that

perspective

what about all those mighty problems

or visit a graveyard

it's an enormously purifying and

beautiful experience

you you walk there

why are you so frightened of reality huh

and you look at this man

and say gee he lived so many years ago

two centuries ago

must have had all the problems that i

have

you must have had lots of sleepless

nights who were stupidities

like me

how crazy

we live for such a short time

and then

as that italian poet

says we live

in a flash of light

an evening comes and it is night forever

it's only a flash

and we waste

it we wasted with our anxiety and our

worries and our concerns and our burdens

now

if you make that meditation

you may just end up with information

or you may end up

with awareness

and in that moment of awareness you're

new

at least as long as it lasts then you'll

know the difference between information

and awareness

am i talking since all right you're

getting it you're on

very good

oh listen to this a friend of mine just

uh 10 days ago in india who's an

astronomer was giving me some of the

most fundamental things in astronomy

it's mind-boggling

you know i did not know until he told me

that when you see the sun

you're seeing it where it was eight and
a half minutes ago not where it is now
because it takes the ray of the sun
and eight and a half minutes to get to
us

so you're not seeing it where it is it's
somewhere else

you're seeing it where it was eight and
a half minutes ago
and stars

the ray of light comes from the sun in
eight and a half minutes

stars have been selling sending
lights to us

for hundreds of thousands of years
so when we're looking at them they may
not even be there when we're looking at
them somewhere else we're getting the
light now

now he said imagine a galaxy a whole
universe

and this earth of ours

lost towards the tail end of the galaxy

the milky way it's not even in the

center somewhere with the tail end

every one of those stars is a sun

some suns are so big

that you could put the sun and the earth
and the distance between them in one of
them

they've got planets possibly but we
don't know because the planets don't
send light

possibly there's life on those planets
we we have no means of knowing because
there's no light coming from them the
planets are in darkness

well
uh after discovering all of this about
50 years ago

they found there was yet another
universe

another galaxy you know how many
universes they calculate there are how
many galaxies they calculate there are
today

a sober estimate says
100 million

galaxies

and the universe as we know it is
expanding

at the rate of

the the diameter

is that what i want yes not the radius

the diameter is expanding at the rate of

2 million miles a second

imagine a bubble that you're blowing and

the universe is expanding at the rate of

two million miles a second

you know i was having dinner with this

guy

and it was it was fascinating listening

to all of this

and i come out of that restaurant

and move into the street

and look up there

and i have a different feel

a different perspective that's awareness

you could pick this up as cold facts and

that's information

or you suddenly get another perspective

on

on life

what are we

what's this universe what's human life

now when you get that feel that's what

i'm talking about when i talk of

awareness

now as you begin to practice some of the

exercises i've been giving you you will

get this feel

in many things

then you will know

then you'll know

this is the end of the 12th tape

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spirituality center

3601 lindell boulevard st louis missouri

63108

you

[Music]

[Music]

in the previous program i spoke to you

about prayer and what prayer was about

let me

recapitulate some of that for you let me

show you

what prayer can do for a person

and what it is not and once again let me

do that in the form of a story

here's a good image of life that i

picked up somewhere in a book once

you're sitting in a theater

listening

to a concert

and suddenly you remember that you

forgot to park your car

oh sorry you forgot to lock it

and

you're anxious

you cannot get up now and go unlock your

car

you cannot concentrate on the symphony

and you're caught between two things

i thought

what a lovely image of life

me give you a contrast to that there's a

great japanese story

of a guy who's running away from a tiger

he comes to a precipice and he begins to

slide down the precipice then he grabs

hold

of a

branch of a tree

that's growing on the side of the

precipice

he looks up

and there's this tiger looking at him

and there's no way of crawling up

he looks down there's a drop of about

ten thousand feet

and next to him there's a bush a berry

bush
and the berries are ripe
so he plucks one of those berries
puts it in his
mouth and it tasted
so
sweet
he was able
to live life
one moment
at a time which is the only way to live
which is the only way to live it
but it sounds like an impossible feat
doesn't it
did you hear how those south african
mines were discovered it's very
interesting there was this man sitting
a tourist or a traveler
sitting at
the door of the hut of the village
headman he saw the village headman's
children playing with something that
looked like marbles he picked one of
them up and looked at it and his
heart began to race
it was a diamond
so he said to the village headman you

know my children back home also play
with things like this they call them
marbles could i take a few of these back
with me i'd be ready to give you some
tobacco for them
and the village headman says we've got
millions of these here i mean it would
be robbery to take your tobacco but i'd
be happy to take anything you gave me so
he gave him the tobacco goes back home
sells those diamonds comes back buys all
of that land and becomes the richest man
in the world

the point of the story is those people
were living on top of a treasure and did
not know it

that is another image of life

the life is a banquet

but most people are starving

they never discover the treasure

it's a lovely story from my country of a
man who sees a wandering mendicant pass
by the village and he rushes up to him
and says give me the stone give me the
stone the precious stone and the
mendicant says
what stone are you talking about

last night the lord vishnu appeared to
me in a dream said the man and he said a
wandering mendicant will be passing by
the village at about 11 in the morning
if he gives you the stone he has you
will be the richest man in the world
so the mendicant rubbed in his
little sack pulled out this diamond and
said is this what you're looking for was
the largest diamond in the world yes
said the man would you give it to me of
course take it found it somewhere there
in my wanderings
the man takes the diamond
and he's going to go back home
but then something strikes him he sits
under a tree
and he ponders all day
towards evening he comes back to the
mendicant
and he says to him
i don't want this diamond could you give
me the riches
that makes it possible for you
to give this thing away
that
is what prayer could do if properly

practiced and properly understood

it would give you the riches

that would make all of these things they

wouldn't matter at all someone said so

well

life is something that happens to us

while we're busy

at something else

we're busy trying to impress everyone

they were busy trying to look good we're

busy trying to live the to win the

olympics we're busy trying to succeed

and life passes us by

i read the story the other day of

a woman

who died in new york some years ago

there she was living on hot dogs

and skimping going around looking for

shoe boxes to heat in her apartment

that's how they found out they found her

she was almost starving to death she was

over 90 they take her to the hospital

three weeks later she dies when they

cleaned out her apartment they found

nearly three hundred thousand dollars

there

another perfect image

there is something within us

that's precious

a precious pearl

there's a treasure there the kingdom of

god is within you

if we could only discover that

thomas carlyle put it so well he said

the great tragedy of life lies

not

in how much we suffer

but in how much we miss

and there's another mystic who says

human beings

are born asleep they live asleep and

they die asleep but that is so true

maybe they're not born asleep they're

born awake

but by the time they develop their

brains they fall asleep

and they they breed children in their

sleep they they bring them up in their

sleep they go in for big business in

their sleep they go into government in

their sleep and they die in their sleep

they never wake up

that is what spirituality is all about

to wake up you're moving around in a

drunken stupor it's as if you were
hypnotized you're drugged
and you you don't know what you're
missing
how
would we get out of this
how would we awake how do you know that
you're asleep i told you that in the
previous program
are you upset and disturbed
do you have problems
are you not enjoying life
never doubt it you're fast asleep
the mystics tell us that when they see
what they've been looking at all along
but they've never seen they discover an
overflowing joy in the heart of things
without a single dissenting voice they
tell us
overflowing love and joy
everywhere
and even though they would have pain and
what we call sufferings there's a
tremendous joy which nothing can shake
or take away from them
how do we get this
through understanding

i talked about those illusions of ours
if you would see your illusions and your
erroneous ideas they will drop you will
change but that you have to do
it's useless saying to god gimme gimme
gimme remember
go and tie that camel of yours god
cannot be bothered doing for you what
you can do for yourself
like the guy whose beard is burning
and they say
your beard is on fire he says but can't
you see me praying for rain
i'm doing something about it
you're saying lord that i may see and
you've got your eyes tightly shut
understanding awareness
the willingness to see
now i'm going to take one big illusion
that almost everyone suffers from and
i'm going to talk about it during this
program
if you could get released from that oh
how you would come away
let me explain it in this way it'll be a
kind of a meditation that you and i will
do together think of a little child

it's given a taste for drugs
as it grows up
the whole body of that child
is craving for the drug
to live without the drug
brings a pain and a suffering so great
that it seems preferable to die
you and i
as children
were given a drug
it was called approval
it was called appreciation
it was called praise
success
acceptance popularity
once you took the drug
society could control you
the tentacles of society got into you
you become a robot
you want to see
what kind of a robot existence human
beings live
listen to this
you've got the robot who comes here
and i say moy you're looking pretty and
the robot goes right up i press a button
called appreciation and right up it goes

then i press another button called

criticism flat on the earth

total control

was so affected by this was so easily

controlled by it

and

when we're deprived of it we become so

terrified we're so frightened to make

mistakes we're so frightened that people

will laugh at us i saw a little kid once

three years old she wandered into our

dining room dressed in her nightie so we

we sort of applauded she thought we were

laughing at her she ran away and her

mother had to carry her in while she was

struggling she didn't want to come

she thought we had laughed at her and i

thought

she's only three years old

but already we've made a little monkey

out of her

somebody taught her this that when you

do this

she's supposed to feel good

and when you say boo

she's supposed to feel bad

once you give her that drug

she's finished

you think jesus christ was controlled by

this kind of thing

by what people thought of him and what

they said about him

awake people break out of this drug

and when you make a mistake or when

you're rejected you feel such a

tremendous emptiness such a loneliness

you keep crawling back

begging for that drug called

encouragement

acceptance

belonging

so they got us nicely controlled

how do you get out of it first of all

let's see some of the results you know

something

as a result of having taken this drug

you have lost your ability to love

you know why

because you cannot see any human being

anymore

you're so conscious

of whether they accept you or they don't

whether they approve of you or they

don't you're seeing them as a threat to

your drug or as a support to your drug

think of the politician

the politician

frequently doesn't see people at all he

sees votes

and if you're neither a threat

nor a support to his getting votes

he doesn't even notice you

the businessman he sees big bucks he

doesn't see people he sees business

deals

but we're no different

if we're under the effect of this drug

the robot

i like you

and the robot will automatically

mechanically react oh he's good he likes

me

i don't like you he's awful he doesn't

like me see

the drug

how can you love

what you do not even see

you want to get rid of the drug

you have to tear those tentacles out of

your system they've gone to the marrow

of your bones

this control that society exercises over

you

by seeing

what they are doing to you

if you're able to do that

everything will be the same but you will

have dropped out

you will be in the world

but you will no longer be off

the world

but you know how terrifying this is

initially

initially it's like asking someone a

drug addict who's going through

withdrawal symptoms

it's like saying to him or her

listen

why don't you enjoy

good nourishing food

and

clean water from the mountain stream

and the nice fresh morning air

give that up for your drug he cannot

conceive of it his

he cannot live without it

that's how terrible it is

that's how terrifying

how do you get out of it

well

you've got to face that terror

you've got to understand the state

you're in

what a terrible state because you cannot

live without people it brings a

tremendous loneliness

but then when you're with people there's

always that tension

you want to love people

you have to die

to people

you have to die to your need

for people

you have to understand what your drug is

doing to you

as first of all

be patient with yourself

second call the drug by its name it's an

artificial stimulant

you really want to enjoy life enjoy the

pleasures of the senses

enjoy the pleasures of the mind

enjoy your work

enjoy nature

go up to the mountain and enjoy the

trees and the stars

at night and send the crowds away

and you will be completely

alone

because then love is born

in solitude

and aloneness

you come to this land of love

by passing through the land of death

and you will realize that your heart has

brought you to this vast

desert

in the beginning it seems lonely because

you're not accustomed to it you're not

accustomed to aloneness which is not the

same as loneliness

loneliness means missing people

aloneness means not needing anyone

enjoying people but not needing them

then at last you can see them

then you will realize that the desert

suddenly blossoms into love

and there's a song in your heart

and it is springtime forever

give yourself proper nourishment

call the drug by its name

and be patient the way you would with an

addict

what powerful prayer

that is

let me give you

a little meditation

think of someone

whose approval you need you think you

need

whose approval you desperately want

whose appreciation you want and see if

you can understand how in front of this

person you have lost your freedom try

that out

i'll give you a few seconds for that

think of someone

who

you think is necessary to ease the pain

of your loneliness

and understand how

in front of this person

you have lost your freedom

you're not free

you dare not be yourself

you cannot live

like a king

or a queen a princess

talking about being free i'm reminded of

this irish prisoner who digs a tunnel
underground he's under his prison cell
and he makes it to freedom through this
tunnel he comes out in the middle of a
school compound and he couldn't contain
himself so he begins to jump up and down
saying i'm free i'm free i'm free
there was a little girl watching him
scornfully she says that's nothing i'm
for
what does it mean to live
like
an emperor an empress you know what it
means
it means
you don't have to impress anyone anymore
you're completely at ease with everyone
because you don't desire anything from
anyone anymore
well i've got to clarify that
of course you desire things from others
but you know
the non-fulfillment of that desire
doesn't make you unhappy see if you can
get that there are two types of desires
there's the desire on whose fulfillment
our happiness depends

there's a desire

on whose fulfillment our happiness does

not depend

i go to a restaurant

i say

do you have mushroom soup

and they say no we haven't mushroomed

soup

you ruined my dinner i'm going out and

get let's get out of this place let's go

somewhere else

do you have mushroom soup no

what do you have how about sweet corn

and chicken well that's pretty good uh

i'd enjoy that too what about tomato i'd

enjoy that too see

the fulfillment of that desire does not

affect your happiness

you're happy with it or without it like

the guy who's waiting at the maternity

ward and the nurse comes in says did you

want a boy or a girl sir he says i

wanted a girl

she says well i got bad news for you

it's a boy he says that's all right that

was my second choice

how do you get this kind of guy down huh

when you don't have to defend yourself

anymore

to anyone

you don't feel the need to apologize can

you imagine that you don't feel the need

to explain

you don't have to impress

you're not bothered by what they say

or what they think it doesn't bother you

you're unaffected by

now love will begin

not till then

because you know something as long as i

need you

i cannot love you

as long as i need you for my happiness

i cannot love you

we'll take this up in the next program

how about this

i'll field a few questions if you have

any

who wants to begin

okay

would you stand up please

i'm trying to imagine myself as a parent

uh treating my child without without

praise or affection or encouragement

that sounds like

when you describe it as a drug as a bad

thing to give a child i i just can't

imagine myself being a good parent

a loving parent and not giving that to a

child okay great

affection is fine

did you hear me say affection wasn't all

right a parent giving affection is fine

but think of this

we're all busy telling people

that they're okay

you know why because somebody told them

they were not okay

and you know something you're neither

okay nor not okay you're you

and if you really were you

and you were getting nourishment from

what i called the pleasures of the

senses and the mind

and you were not being drugged by

society you wouldn't miss it

there are cultures in which you're not

okay doesn't exist so neither does your

okay exist

sometimes people feel they haven't been

loved i say to them if you've survived

to this age you've got all the love you
need listen to this a woman who claims
that she hasn't been loved and she needs
it desperately she goes to the movies
and it's a great comedy and she's
roaring with laughter and for 10 minutes
she's forgotten that it's necessary to
be loved and she's happy
what do you know
when she comes out of the theater with
her friend
and she sees her friend go with her
boyfriend
then she thinks nobody loves me i got no
boyfriend it's like when there was no
television nobody missed it now that
everybody's got television say oh i
don't have television see
loneliness is not cured by human contact
by contact with human beings it is cured
by contact with reality
then you don't miss people
you enjoy them and you don't miss them
there's a great educationist who says a
man called neil some of you are probably
familiar with him from his book
summerhill he says

the healthy child

is always interested in persons is

always the unhealthy child

is only interested in persons and is

always clinging to its mother's skirts

the healthy child has no need for

persons

they're busy exploring the world

well that was that's a good question

help clarify what i was saying anyone

else oh there are plenty of questions

that's wonderful could you stand up

please

you spoke briefly about spirituality

could you give us a definition of

spirituality

spirituality

is

to be awake to drop your illusions

spirituality is

never to be at the mercy

of any event

thing

or person

spirituality is to have discovered those

diamond mines inside of you

religion is meant to lead you to this

alas

if you look at the world

it frequently doesn't

the meditation centers around a lovely

gospel text

of what uses it to you

to gain the world

and lose your soul

i'll go a bit slowly you can think as i

talk

think of what you feel when you're

looking at a sunset

or you're in touch with nature

and compare that

to the feeling you have

when you're appreciated you're praised

you're applauded

the first kind of feeling

i call a soul

feeling

the second type i called call a world

feeling

think of the feeling you have when you

win

a race

or an argument

when you make it to the top

when you're successful

world feeling

and contrast it

with the feeling you get

when you're doing work that you love

when you're immersed in a hobby

when you're reading a book that you

thoroughly enjoy

or watching a movie that you enjoy

soul feeling

think

of the time

when you're on you've got power

when you're the boss

when everyone is looking up to you and

the kind of feeling that creates

world feeling

contrast that with the joy of intimacy

with the company of friends

you enjoy them without clinging to them

with laughter

and merriment

soul feeling

let's take a look at those world

feelings

they're not natural

they were invented by your society and

mind

to control us

they do not lead to happiness

only to excitement

and thrills

and anxiety

and emptiness

and think of your own life

is there a single day

when you're not consciously

or unconsciously

attuned

to what others think

what others feel

and what they will say about you

in other words controlled by them

marching to the beat of their drum

and look around you

and see if you find anyone

who is freed from these feelings

world feelings

everywhere you will find people

immersed

in these world feelings

because they live

soulless empty

lives

they gained the world
but they lost their soul
when they come to die
they die
without ever having lived
and here is a parable of life
a group of tourists sitting in a bus
that is moving through gorgeous
countryside
but the shades of the windows are drawn
down
and they don't see a thing
and they're all quarreling among
themselves
as to who will have the seat of honor
who will be appreciated
who's the best
who's the best looking
who's the most talented
and so it goes right to journey's end
if you can understand this
my dear friends
the understanding
will melt the addiction
and you will be free
and you will understand the loveliness
of what prayer is

then you will discover what reality is
what god is
because you will have dropped one of our
biggest illusions
the illusion
that we need
to be appreciated
to be popular
to succeed
to have prestige and honor and power and
popularity there's only one need
and that need is to be real
and that need is to love
when one discovers that
one is transformed
one's life becomes
prayer

[Music]

wow

[Music]

[Music]

let me begin this program by telling you
one of my favorite stories
the story of the camel
there was this camel owner that was
traveling across the desert
and pitch tent for the night

and the slaves came in to report
that they had 20 camels
and only 19 pegs
to tie them to
what did they do
so the master said to them
you know these camels are stupid
creatures
just go through the motions of driving a
peg in the ground and tying this last
camel to it and it will stay put for the
whole night which is exactly what
happened
the next morning
when they left a tent and were moving on
the slaves came to report
that this camel wouldn't budge
ah said the master you probably forgot
to go through the motions of untying him
so they untied him
and the stupid animal
went ahead went with the others
how like human beings
who are so thrilled
by things
that are not real
illusory

and are so terrified

by things which are illusory

success

failure

criticism the good opinion of others as

i explained to you

in our last program

other day i was traveling from the u.s

to canada

as we crossed the canadian border

or the u.s frontier

the pilot said well we're at the u.s

border right now you look down through

the window it's funny you can't see it

you know

have you realized that that only exists

in your mind that in nature there is no

border

that being an american is only in your

head

that there are no american trees or

american mountains this is a convention

that people are ready to die for that's

how real it looks to them

has it ever struck you

that christmas day doesn't exist except

in your mind

in nature there's no christmas day
but you've got christmasy feelings
oh there's no new year's day
and there's no illegitimate child tell
someone he or she is an illegitimate
child

turmoil

but in nature

there is no illegitimate child

illegitimacy is a human convention

tell a kid

that he or she is adopted and you run

into trouble sometimes

that is in the head

there are cultures where almost everyone

is adopted so nobody bothers

we're reacting to words

we're reacting to ideas in our head we

live on ideas

we feed on them on words words words

reminded of the guy the farmer who was

living on the russian border the finnish

russian border they were drawing up the

frontier

and he had to make up his mind whether

he wanted his farm to be in finland or

in russia he chose finland the russian

officials descended upon him and
demanded to know why he didn't want to
be in russia and he said look
all my life i have always wanted to live
in mother russia but you know at this
age i simply wouldn't be able to take
another russian winter
or your mark twain who says
cold if the thermometer had been half an
inch longer we would have frozen to
death

in this program i want to deal with the
illusions connected with love
to talk of prayer is to talk of love
for god is love
love is divine
but

what generally goes under the name of
love has nothing to do with love at all
nothing so let me begin by telling you
what love is not
and then indicating however vaguely
what love

is love is not attraction

i love you

more than i love anyone else translate

i'm more attracted to you than to others

how does that sound

you draw me

more than others

you fit the programming in my head

better than other people do

not very flattering to you

because if my programming had been

different remember how people say what

does he find in her what does he see in

her

they say love is blind

attraction is blind not love

there is nothing so clear-sighted as

love

this whole process of i'm attracted to

you

you know where the love comes from comes

from you not from me

it doesn't spring from me you draw me

the day you cease to be attractive

what happens

well i'll hold on to you out of guilt

out of loyalty out of an ideal

but love in your sense of the word has

died if for you love means attraction

it's gone

i was told of an old couple grandpa and

grandma they were celebrating their 60th

wedding anniversary they were tired

after all the celebrations sitting in

the veranda

and grandpa felt moved see

and he said

grandma

i'm proud of you

what was that grandpa she says you

better speak louder you know i cannot

hear you without my hearing aid he said

i'm proud of you

she says that's all right i'm tired of

you too

[Applause]

you know that's where attraction always

ends up

you're attracted

graph if you give in to that attraction

gratification follows

and after the gratification

worrisomeness

or

if it persists anxiety i hope i can keep

this i hope somebody else doesn't get it

possessiveness jealousy fear

of loss that isn't love

another thing that love is not it is not

dependency

now you know it's very good to depend on

people

we depend on one another

or else we wouldn't have society

interdependence wonderful we depend on

the butcher

the baker the candlestick maker

we depend on the pilot

on the cab driver on all sorts of people

but to

depend on another

for your happiness

that is the evil

that someone would have the power to

decide

whether you would be happy or not

if you have that if you ever give to

somebody this power

you will be fearful

you will manipulate

you cannot leave that person free

because don't forget your happiness

depends on this person

you're a burden

sometimes you get two empty people

depending on one another two complete

incomplete people

depending leaning on one another two

dominoes

one moves the other falls

is that love

love

is not the ass you aging of our

loneliness

people feel empty inside and they rush

to fill the emptiness with someone

that isn't love

incidentally that emptiness

that loneliness that so many people are

running away from

they run into all kinds of activity even

social activity

they run into work

they run

into other people's arms to

assuage that emptiness that loneliness

the only cure for that loneliness i said

to you in the previous program

is not contact with human beings but

contact with reality

what does that mean

if you would face the loneliness

you might discover

that it isn't there

there is

no emptiness

if you would face

the illusion that you were programmed

into by your society that you need

others

you'd realize it isn't there

you're watching a movie enjoying

yourself immensely suddenly at that

moment you don't need anybody

this is an illusion that has been

created in our heads

and here's something else you may want

to remember for the future

both what you're running away from

and what you're searching for

is inside of you

it's all there

if you would face what's going on inside

of you

what you're running away from would

disappear

and what you're searching for would

emerge

so love

is not

the asturaging the soothing of our

loneliness

mostly when people talk about love you

know what they're talking about they're

talking about a thing of the market it's

a bargain

you be good to me i'll be good to you

you'll be nice to me i'll be nice to you

you're not nice to me funny those nice

feelings i had towards you turn sour

is that love

you could bargain with money you could

strike a deal with money you could

strike a deal with all kinds of things

you're striking a deal with your

emotions and that's supposed to be love

here's another surprise

love is not desire

i desire you with all my heart

you know in as much as i love you i do

not desire you

i enjoy you thoroughly

but i'm too full

to need you

it's like when you come

you're so enjoyable

and when you leave i'm not at all

miserable

i'll enjoy the next thing

and the next and the next person and the

next i'm full

and if you are full too how marvelous

that is

centuries ago

buddha had

these marvelous words to say

the world

is full of sorrow

the origin of sorrow the root of sorrow

is desire

the uprooting of sorrow

is desirelessness

let's translate that better because by

desire he meant

a desire on whose fulfillment my

happiness depends

and our societies and cultures are the

whole time

encouraging us to add to these desires

so we're more and more programmed to

unhappiness

and to non-love

the world is full of sorrow the root of

sorrow

is craving

the uprooting of sorrow

is cravinglessness

i desire all kinds of things

but i don't desperately need anything

if that desire is not fulfilled i'll be

quite happy i explained this in the

previous program

sometimes people say if you had no

desire

would you ever achieve something if you

had no ambition

like that guy who stands up on a

platform and he says

i was born an englishman

i will live an englishman and i shall

die in englishman and an irishman in the

crowd shouts man have you got no

ambition

[Applause]

he says

ambition

that's one of the things we were

brainwashed into we they told us if you

don't have an ambition you won't do

anything

they forgot that there's so much energy
and so much delight in working
whereas the ambition
brings tension listen to these marvelous
words of the great chinese sage chuangsu
they're so good they took the trouble to
learn them by heart
let's see if they come out well and if
they don't we won't be upset by the
failure will we
now
when an archer shoots for nothing he
says
he has all his skill
when he shoots
for a brass buckle
he is already nervous
when he shoots for a prize of gold
he goes blind he is out of his mind he
sees two targets
his skill has not changed
but the prize
divides him
he cares
he thinks more of winning
than of shooting
the need to win

drains them of power

isn't that marvelous

it was your ambition that drained you of
power you were driving with your brakes

on you were tense

so

the world is full of sorrow

the root of sorrow is craving

marriages that are built on craving

are so fragile

so ready to fall apart

i have expectations of you you better

live up to them or else

you have expectations of me i'd better

live up to them or else quarrels see you

need me i need you

i need to

i need to find my happiness and you you

need to find your happiness in me that's

where the struggle begins that's where

the possessiveness begins and you know

something

whenever there is desire in this sense

of the word there's a threat

and where there's a threat there's fear

and where there is fear

there is no love

because we always hate what we fear

and perfect love casts out fear

whatever this desire of the type that i

described

it always goes attended

by fear

so love is not desire love is not

attachment

falling in love

is the exact opposite of love

and it's canonized everywhere

it's a disease

everybody's trying to give it to you

you find it in your movies in your love

songs these are needs songs

i saw a movie the other day this girl

says to this boy who's dying don't die

i love you i cannot live without you

i cannot live without you love that's

hunger

so

you know something when i fall in love

with you i cease to see you i don't see

you anymore

whenever there's a powerful emotion

whether it's positive or negative i

cannot see you

the emotion comes in the way i'm
projecting my own needs onto you
falling in love is blind
attachment
we're already moving into what love is i
told you what love is not
you know something i cannot tell you
what love is cannot be said
i cannot tell you what happiness is it
cannot be said
when you drop your fears and your
attachments and your illusions you will
know
i could give you comparisons
listen to this
to love
means
at least
clarity of perception
accuracy of response
i see you clearly as you are
that's the least i could demand in love
how could i love you if i don't see you
now get ready for a surprise
generally when i see you
or you see me
we generally we don't see one another

we're seeing an image

a husband

does he relate to his wife or to his

image of his wife

is the wife relating to her husband or

to her image of her husband how is this

image formed watch this if you think

you've been shocked till now get ready

for this one

i have an experience of you

that experience is stored in my memory

i make a judgment on the basis of that

experience

i'm carrying this along with me

and i'm acting or reacting to you on the

basis of this

not on the basis of what you are right

now

there's a picture on my window as i look

through it at you i'm looking through

that picture

no clarity of perception

a lovely sentence in in the new

testament where paul speaking of love

says

love keeps no record of wrongs

and i say to people sometimes you're

going to be very sorry

when you get up there and you find they

don't have any books

[Laughter]

there's a lovely story of this woman

who's supposed to be getting visions of

god so the bishop sends for us

and he says listen you're creating a

great sensation i suppose you realize

that being bishop of the diocese it is

up to me to decide whether those visions

are true or false she says yes your

excellency and this is my responsibility

and duty yes your excellency so you're

going to have to do what i tell you i

will your excellency he says now look

the next time that god appears to you or

whoever it is that appears to you you're

going to put him this test by which i'll

know

whether he's really god or not she says

very well your excellency what is the

test the test is going to be this you're

going to say to god

please tell me the private and personal

sins of the bishop

and then he says after god has revealed

that to you if he is god then you come
and tell me and no one else okay and she
said very well your excellency
after a month she comes back
and the bishop said did god appear to
you again she says i think so your
excellency did you ask him that question
she said i certainly did and what did
god say
god said
go tell the bishop i forgot his sins
how about that one
no record you know something love keeps
no records of rights either
no rights no wrongs
no good no bad
i see you
in present moment freshness and i react
to what's here
shall i react to a memory or to you
a memory good or bad
that cuts both ways you know
we had a quarrel and you come up to me
and say you know sorry about that
quarrel quarrel i remember it but
there's no emotion attached to it it's
over

that's what the mystics are talking

about when they talk about the

purification of memory they're not

saying forget everything drainage of

emotion

sanitized

and you say remember how much we were in

love

two years ago

you want me to react to that you want me

to react to you as you are now

you want to carry over this capital and

get dividends from it

you know if you come to think of it

it's terrifying

most people are doing the opposite of

this which means they don't know what

love is

love

is like

listening to a symphony

life is a symphony

and to love means to be sensitive to the

whole of that symphony it means to have

a sensitive heart

to everyone

and to everything

can you imagine someone who's listening
to a symphony and only hears the drums
or gives so much value to the drums that
the other instruments are almost drowned
out

a good musician who loves music will
listen to every one
of those instruments he may have his
favorite

instrument he may have his preferences
but he listens to them all

when you

fall in love

when you have an infatuation an
attachment an addiction an obsession

with a human being you know what you're
doing that person stands out and the
others are drowned out

your heart is no longer sensitive

love is not a relationship

love is a state of being

love exists before there's any human

being around before you come around love

already exists

namely the sensitive heart exists

always

you don't draw that heart

that heart is sensitive to you and
responds accurately to you
but then to drown out to the drums
that's just as bad because you're
hardening your heart again
this is what love is
to listen to the whole of the symphony
to be sensitive to it all
i told you
when the eye is unobstructed
the result is sight you cannot do
anything to get love
if you would understand your desires
attachments attractions
obsessions
addictions and they would drop
love would emerge
when the eye is unobstructed the result
is sight
when the heart is unobstructed
the result is love
in my country the poets and the mystics
put it so beautifully they say
is it possible for a rose to say
i will give my fragrance to good people
and hold it withhold it from bad people
the rose by its very nature cannot but

love all

is it possible for a lamp lit in the
night to say i will give my light to the
good people in this room and withhold it
from the bad

is it possible for a tree
to say i will give my shade to the good
people who sit under me but withhold it
from the bad

it cannot

and the poet kabir will say the tree
will give it shade even to the man who
is striking it down and if it is a sweet
smelling tree

it will leave it sent on the axe
what merit is it to you of yours if you
only greet those who greet you
and if you only love those who love you
you must be all loving as your heavenly
father is all loving for he makes his
son to shine on good and bad alike
and on saints and sinners

alike

all right

if you have some questions i'll deal
with those

could you explain what you mean by

responding accurately a little more

detail all right

when you perceive clearly

you really cannot but respond

accurately

because clarity of perception means

you've dropped

whatever obstacles there are to seeing

that seeing is love

you will

spontaneously

give to each thing the response it

deserves

so that's what it really means anyone

else

you've referred off and on to prayer

that a response is prayer or various

things of prayer where does the answer

to the prayer or god's side of this

prayer come in

right

what i've been referring to is not so

much the lord lord

but

do what i tell you

this is the prayer i've been talking

about see the two types of prayer

there's the lord lord that's pretty good

and there's something much better

do what i tell you

you know something there are people who

do

what he tells them without ever saying

lord lord or even having heard of the

lord

does that make sense to you

does it

does it

yes wonderful

and there are people who are full of

lord lord

but mighty little else

so it's like people saying lord we work

miracles in your name we pray to you day

and night i do not know you

so

to do what i tell you

that is love of god

to be transformed into love that is love

of god

then you will know what god is

then you will know what reality is

all right let me sum up for you

what i was saying

in this program

i talked

about a major illusion that we have

the illusions concerning love

in the previous programs i dealt with

other illusions

prayer

love

spirituality

religion

means

drop

your illusions

in as much as religion helps you to do

this it's fine

inasmuch as it distracts you from it

takes you away from it it's a disease

it's a plague it must be avoided

once these illusions will drop

the heart will be unobstructed

then there will be love

then there will be happiness

then there will be transformation

and only then will you know

what god is

[Music]

[Music]

[Music]

[Music]

it's nice having all of you here this

evening

uh

i was thinking

what i would want to talk to you about

all sorts of things

but let me uh begin with something that

people are always saying to me they know

i'm a catholic priest

and so they say to me could you help us

to pray

you know i've written a book on prayer

could you help us to pray better

so let's begin with that

how

could we pray

better

for that

you might have to revise your notions on

prayer

somewhat

radically

and that's what i'm hoping to be able to

do for you this evening

let me begin by telling you what i think

prayer is not

and maybe the best way to tell you that

is by telling you a story

there's this guy who comes to see

a great

sufi

master

and he says to the master master so

great is my trust

in god that i haven't even tied my camel

to the post outside i have left it

to the providence of god and the care of

god and the sufi master says

go out and tie that camel to the post

you fool

god cannot be bothered doing what you

can do for yourself

pretty good huh

that is very important to keep in mind

when we talk about prayer god cannot be

bothered doing for you

what you can do for yourself

reminded of the jewish rabbi who had

served god

faithfully all his life and he said one

day to god god i have been a devout

worshiper and i have kept the law

as best i could and i've been a good jew

now i'm old

and i need some help

let me win the lottery

will help for my old age

well

he prayed and he prayed and he prayed

and he prayed and one month went by and

two and three and five and a whole year

went by and three years went by and the

man in desperation one day said god give

me a break

and god said give me a break yourself

buy a ticket

[Laughter]

well

that's well that will give you some idea

what prayer is not let me tell you what

i think prayer is i'll tell it to you

also in the form of a story there's this

guy who invented fire

and as soon as he invented the art of

making fire he goes up to the north

where you have these hill tribes

shivering in the cold and he begins to

teach them the art and he shows them the

value of being able to be warm in the

winter cooking their food it would help
with their buildings and they learnt
enthusiastically
they had hardly learned it when he went
somewhere else he didn't even give them
time to thank him because he was a great
man and you know great people they're
not bothered about being remembered
they're not bothered about being thanked
they want your good
so he disappeared and he went to another
tribe
and he began to teach them to to make
fire
well
the people were enthusiastic
but he began to get more and more
popular and the priests
feared that their own popularity would
diminish so they decided to get rid of
him
so what did they they poisoned him
and since there was a suspicion among
the people that they had done this
what they did was this they were very
clever they made a portrait of the man
they put it up there on the high altar

of the temple

and they got everyone

to venerate the great inventor of fire

and they had the instruments for making

fire also placed on that main altar

there and everybody would venerate it

and they developed a whole right and a

whole liturgy for the veneration of the

great inventor and the tools for making

fire

the veneration the worship went on

decade after decade century after

century

but there was no fire

you want to know what prayer is

fire where's the fire that's prayer

that's prayer

anything you do

to get the fire that's prayer

you're praying

for weeks and months and years no fire

no prayer no prayer plenty of good will

but no prayer

why do you call me lord

lord

and fail to do

what i tell you

and they will come to me and say lord we

work miracles in your name and he say

i don't know you not interested

funny he was less interested in lord law

than

we seem to be

he was more interested in

why don't you do

what i tell you

now be careful about that

don't think that

good works are necessarily

prayer you know people will often quote

the words of the lord at the last

judgment i was hungry and you gave me to

eat i was thirsty and you gave me to

drink

well

there's someone else who says

if i gave my body to be burnt and all my

goods to feed the poor and did not have

love

it is all worthless remember

so

the deed itself

isn't

what would really be valuable

because there are some good deeds that
are really good there are other good
deeds that are corrupt
meister a cart a great
german mystic puts it powerfully he says
you should bother less
about what you ought to do
and think more about what you ought to
be
because if your being
were good
then your works would shine
forth
brightly
so it's your being that needs to be
transformed
that's the fire
how would you transform your being
what would you do
nothing
for your being
to be transformed
you need to
see
to see something which will change you
you don't get changed by working on
yourself

here in this country
you're pretty famous
for fixing
things and that's a great gift but when
you try to fix persons you're likely to
run into trouble
you don't have to do
anything
you've got to see
things in a new
way
the great george fox put it so well he
said when he had this tremendous
experience this tremendous enlightenment
or illumination he said the whole world
was the same
but it looked different it gave forth a
different fragrance
change
that comes about through
seeing something
the metanoia the repentance repent for
the kingdom of god has come repentance
doesn't repentance doesn't mean crying
for your sins repentance means look at
everything
in a new way

a change of mind the change of heart
like that guy who says to his wife he
says i've changed my mind
she says thank god i hope the new one
will function better
so that's what it's all about
literally another mind another way of
looking at things another way
of seeing everything
that's the transformation we're talking
about when that comes
you change
your deeds change your life change
changes that's the fire
now what do you need
in order to see things in a new way
get ready for a big surprise
you don't need strength
you don't don't need youthfulness
you don't need self-confidence
you don't need willpower
you don't need effort
what do you think you need
you need
the willingness
to think
the unfamiliar

the willingness

to see

something

new

and that's the last thing

that most human beings

want

they don't

want to see

anything different from what from what

they've been seeing all along

that's why when jesus came he had so

much difficulty with his good

news not only because it was good

people don't like to hear good things

they want to suffer they want to be

miserable though they don't know it

you read that book games people play and

you'll discover how they are

unconsciously wanting to produce their

suffering so they don't like the good

part of the good news but they don't

like the new part of the good news

tell you what i'm going to do

during this first program

i'm going to give you something

by which you can test yourself

are you ready
to look at things in another way but a
caution in the beginning
don't take anything that i'm saying
because i'm saying it because it
wouldn't do you any good you've probably
swallowed too much from other people now
don't you swallow anything from me
i love those great words of buddha
he says
monks and scholars must not accept my
words out of respect
but must analyze them the way a
goldsmith analyzes gold
by rubbing
scraping
cutting
melting that's the way to do it
on the one hand
openness receptivity
on the other hand
the willingness to question
to think for yourself
otherwise you will lapse into
gullibility into mental laziness we
don't want that
so here comes the first

test

might be something of a shock to some of

you so go ahead get ready hold on to

those chairs of yours okay

are you suffering

do you have problems

could it be said of you that you're not

enjoying every single minute of your

life

did you enjoy the last three hours every

single minute of those last three hours

if the answer is no

if the answer is you are suffering you

are disturbed you do have problems

there's something

wrong with you

seriously wrong

you're asleep

you're dead

now i bet that with most of you no one

has ever told you this this is natural

to have problems it's human to suffer

i'd better explain that bit about

suffering

you know you could be in pain

and suffer

or you could be in pain and not suffer

there's a great master who was asked by
his disciples what did enlightenment
bring you
and he says well before enlightenment i
used to be depressed after enlightenment
i continue to be depressed
but there's a big difference
suffering means to be disturbed by your
depression
that's what i mean by suffering okay
because some of you are going to be
asking me questions you better get this
clear now suffering means to be
disturbed
by your pain
by your depression by your anxiety
it's quite likely that as you embark
upon this way of prayer in the beginning
the depressions will continue to come
and the anxieties will continue to come
but you know in the old days these were
like clouds that passed through the sky
and you identified yourself with the
clouds
now you're the sky
you're detached from them but they
continue to come and go

before enlightenment i used to be
depressed after enlightenment i continue
to be depressed
well
where do you think suffering comes from
people say from life
life is tough
life is hard the chinese have a
marvelous saying they say
in all the universe there is nothing so
cruel as nature
there is no escape from it
and yet
it isn't nature that does the damage
but the person's own heart
that's where the suffering comes from
it isn't life that is hard on you it is
you who take it hard
i'm going to show you this
last month somebody in new york
told me that there's an african tribe
that when they sentence people to death
they don't have the gallows they don't
have the execution as acts
they don't have any electric chair you
know what they do they banish them
you are sent into exile and within a

week the man or the woman dies they just

die

we say

you

killed him the sentence of banishment

killed him no no you know why you and i

would probably be banished and we might

feel it a bit but we wouldn't die for

heaven's sake

what do you think killed him

he killed himself

his programming killed him his way of

looking at that banishment that's what

killed

him not the banishment itself you've

heard of students everywhere in the

world who take their examination so

seriously that if they fail the exam

they commit suicide

now you and i might feel it a bit if we

fail the examination we wouldn't commit

suicide

what do you think killed that guy what

do you think killed that girl

the failure no the way she reacted to

the

failure when you're planning a picnic

and your picnic gets rained out
what's causing the negative feeling in
you the rain
or your reaction
you know this comes as a big shock to
people who've been praying for decades
but never saw this
that's one of the dangers of prayer
it might prevent you from see getting
the fire
apply this to yourself i'm going to go
slowly now okay
so
think even as i talk you may want to
close your eyes if you want if you would
rather have that or you could keep your
eyes open as i'm talking think of
something that is disturbing you
right now
during these days or something that
disturbed you in the recent past think
an attempt to understand
that the disturbance
is not coming from outside
not from the events
not from those things
not from the fact that somebody died or

that you made a mistake or that you met
with an accident or that you lost your
job or your money

[Music]

doesn't come from there
it comes from the way that you are
reacting
to the event

to the
person to the thing that is upsetting
you

if somebody else

had been in your place

he or she would quite conceivably not be
disturbed

you are

how come

we need to do something with you

not with reality for the time being

but most people will plunge headlong
into changing reality

a couple of weeks ago i was in st louis

and there was a priest there who came up

to me and said he had helped a friend

who was suffering from aids

and

he said a strange thing happened to this

man

he said to me

i only began to live when the doctor

told me that i had aids and i was sure

to die

would you believe that

he said i've helped about 30 people like

this and he said anywhere from 12 to 15

said something similar to me

how would it be

that

one person would react in one way

another

in another to the same stimulus

that has something to do with your

programming

somebody broke his promise to you

somebody rejected you

someone abandoned you you know something

no one has ever hurt you in the whole of

your life no one

no event has ever upset you

this was done by you

in fact it wasn't even done by you

because we wouldn't do this deliberately

it was done by your conditioning by your

programming by the way you looked at

things and at life that's what needs to

be changed the change of mind

let me give you another test

think you could do this again you could

close your eyes if you want to you could

leave your eyes open

think of any problem you have with any

person maybe some of you already took

this before but think

uh any person

do you find this person

unreliable

selfish

rejecting

do you find this person irritating

lazy

moody

i'm reminded of the woman

who goes to her doctor

and the doctor the psychiatrist says to

her

did you wake up grumpy this morning she

says no he was fast asleep so i thought

i'd let him be

yeah

okay

think of someone like this

[Laughter]

now you know if you're having
difficulties with this person get ready
for a shock there's something wrong with
you
what do you mean there's something wrong
with me exactly what i said there's
something wrong with you
there are no difficulties in dealing
with human beings
none
if we could change you everything would
change
let's see if you can grasp this
if you change
they would change
you're really seeing people
not as they are
but as you are
let's go over that slowly
you
are a pain in the neck let's suppose to
me
all right
now i'm all upset i'm disturbed bad sign
there's something wrong with me
i have to change

how come you have the power to upset me

how come you have the power to decide

whether i will be happy or miserable

so i don't demand that you change

first i won't protect you from the

consequences of what you're doing

someone said so nicely in nature there

are no rewards and no punishments there

are only consequences

i'm not going to be a rescuer and

prevent the consequences

grow up and take them including maybe

being arrested and being thrown into

jail

second i won't let you push me around

that's for sure i'll say no

people are too scared to say no they're

too frightened to say no they're too

frightened to tell people to mind their

own business

you live life as you see fit leave me

alone to live my own life

and then they complain

there's something no no there's

something wrong with you

so with these two provisos i'm not going

to protect you from the consequences and

i'm not going to push you around you can
do whatever you want and take the
consequences but i'm not disturbed
imagine you're waiting in a line for a
ticket and somebody breaks the line
can you imagine how crazy it is that
because someone has misbehaved you're
going to punish yourself it's like
taking a sledgehammer and hitting
yourself on the head you're going to get
angry you're going to let your blood
pressure go up you're going to lose your
sleep this is crazy and everybody says
it's normal well they're all lunatics
that's all
they're lunatics if everybody's saying
something you can be pretty sure it's
wrong
and what would you expect from lunatics
they think it's natural
so
if people are bugging you they're
upsetting you this is a glorious
opportunity to understand yourself to
understand your programming to realize
that the upset is coming not from them
but from your programming

i'm not saying don't do something
about whatever
that's fine you want to do something
that's fine
but if you're doing it to relieve your
negative feelings
that's awful secondly before acting
you'd better see things clearly
and if you're all upset and disturbed
you're not seeing
any emotion especially if it's a
powerful one will come in the way of
your seeing things clearly
so when you're not disturbed you can be
much more effective
and you're much more perceptive and you
have much more power
one last test because we're coming to
the end
try this one
your happiness or our happiness is never
caused by anything
true happiness is uncaused
how about that one
see i saw quite a few eyebrows go up on
that one
you know if somebody causes your

happiness if a new job is causing your

happiness that isn't happiness at all

that's the fulfillment of a desire

i desire something i go for it i get it

i feel excited i feel a thrill i feel

gratification i feel pleasure

and i get wary of it after a while don't

i or i become anxious lest i lose it

don't i that's not happiness

that's kicks that's drills

the fulfillment of desire sometimes i

think

almost everybody has been programmed to

be unhappy they cannot not be unhappy so

they go through life suffering ups and

downs like the pendulum

you see you're all excited you'll be

correspondingly depressed when you lose

that thing that you were excited about

or you get tired and you're looking for

more that isn't happiness

happiness

is uncaused

when nothing can hurt you no event no

person nothing you're happy

what do you do to be happy nothing

you don't do anything you drop something

you drop an illusion you drop a wrong
idea how do you drop it by seeing that
it is wrong

then you drop it

you know those african tribes that
african tribe i was talking about

why do you think this person would die
when he or she

our ban is banished

because they've added something to
reality from their programming

your unhappiness is caused by something
that you have added

that addition causes unhappiness

how do you become healthy drop your
sickness and you're healthy

you don't

acquire health health isn't something
it's the absence

of sickness

the chinese put it so well

when the eye

is

unobstructed the result is sight when

the year is unobstructed the result is

hearing

when the palate is unobstructed the

result is taste

when the mind is unobstructed the result

is wisdom and happiness

if you could drop your illusions

you would be happy

it sounds like you're describing a kind

of

stoic

uh model of of

being that that's just completely

completely above any kind of passion or

excitement

wonderful wonderful

it seems as if i'm describing a stoic

way of being which is above very well

said any hurt or any excitement

true

you know if you have sharks

uh lashing about in the water do you

want to be down there with them

isn't it interesting that they've told

us it's human

to be like this it's human when someone

else is drowning to be drowning with

them do you know something you're not

going to be of any help if you yourself

are drowning

and if you're all in turmoil emotionally

think you lose your objectivity

you lose your power of action

is it possible to love to be

compassionate to be full of energy to

help and not to be disturbed

that's what you've got to think who else

yes

jesus would you say that again i think

of jesus being very disturbed

in the temple with the money changes for

example okay jesus was disturbed with

the money lenders we could add one more

how about the agony in the garden

now

you mustn't take those money lenders as

being literally losing his temper

i told you you could get into action

but you want your blood pressure to go

up

you could swing into action you'll be

more effective you know how the surgeon

swings into action when he cuts

and if he was really disturbed in the

agony

isn't it wonderful that he would also

sometimes suffer from his programming as

we suffer from ours and pretty soon he
steadies himself because we're told that
he studies himself pretty soon that's
wonderful
any other question
yes
if you take a child or you take let's
say a child that is born with
a physical handicap that is
not anything that they wished upon
themselves or they they can train their
own mind okay wonderful we got that so
the idea is suppose a child is
handicapped or a child is sick
you know i know a jesuit who is a polio
victim and he's really crippled and
handicapped he's one of the happiest
people i've ever met
it all depends on how the child society
and family reacts to that if they think
it's a calamity and there are oohs on
ours and of course this is what the
child is going to pick up
i've seen people in awful health
with cancer suffering intense pain she
knows something they're happy
they're happy they're not suffering

because suffering means you're fighting

it suffering is means how long is this

going to last

you know another secret the present

moment is never intolerable

what's intolerable is what's going to

happen in the next four hours

to have your body here

at 8 00 pm and your mind at 10 30 pm

that's what causes the suffering

to have your body here in dallas and

your mind in san francisco that's what

causes the suffering one last question

yes

my question is

the relationship between

this uh feeling of of love and the

and the attaining it through prayer or

how is what

form of prayer

uh

is required in order to reach this

condition

okay the form of prayer that is required

to meet this condition is awareness

not gimme gimme gimme

go tie your camel your foo you fool god

cannot be bothered doing for you what
you can do for yourself there was a man
who came to a guru a master and said
today's a day of silence but i can only
be here for one day would you please
write me one sentence that could guide
me for my life and the guru nodded
affirmably took a pad wrote awareness
and gave it back to him
but this is too brief could you expand
on it a little
take it back awareness awareness
awareness
he said yes but what does this mean
awareness awareness awareness means
awareness
all right so once again
what is
prayer
prayer is
fire
fire meaning transformation
that comes about
from seeing one's illusions
and dropping them
maybe we will take up some of these
illusions

in our next program

[Music]

you

[Music]

this is a program

a series of programs

on a way to god for today

and so i will be talking to you

about meditation

about prayer

and about things that are intimately

connected with prayer

things like love

joy peace

life

freedom

silence

and i've chosen to begin

with

silence

and i'll tell you why

because

any way to god

has to be

a way through silence

if you ever come to union with god you

must pass through silence

what is this silence

let me explain it to you by means of a

simple tale that we have in the east

there is this great king who goes to

visit a spiritual master and he says to

the master i'm a busy man could you tell

me how i could be united with god but

give it to me in one sentence

and the master says to him

i'll give it to you in one word

what is that word says the king

and the master says

silence

and how would i get silence says the

king

meditation says the master

meditation incidentally in the east the

sanskrit word dion

that means not thinking about but going

beyond the thinking

so the master says meditation

and the king says and what is meditation

to which the master replies

silence

how will i find god

silence

and what is how do i get silence

meditation

and what is meditation

silence

well

i imagine while i was telling this tale

that you got the secret

silence means going beyond words and

thoughts

what's wrong with words and thoughts you

know what's wrong with them they're very

wonderful

but god is nothing

like what we say he is

and he is nothing like what we imagine

or think hears

that is what is wrong with words and

thoughts

and most people will not accept this

they cling to their images of god

and that is the biggest obstacle to

their getting to silence

would you like to experience this

silence that i'm talking about

well

you'll have to do three things which i'm

going to recommend in this program

the first

is

understanding

understanding what

understanding that god isn't anything

like the idea that you have of god

you know in the country i come from

india we've got plenty of roses but

let's suppose that i had never smelt a

rose in my life and i say to you

what is the smell the fragrance of a

rose could you describe that

go on describe it

you see

if you cannot describe a simple thing

like the fragrance of a rose

how could anybody describe the

experience of god

whatever words he uses

they're quite inadequate god is totally

beyond that

so now you have it

that's what is wrong with the words

there is this great

mystic who wrote

the cloud of unknowing a great christian

book and he says

do you want to know god

there's only one way of knowing him you

know him through non-knowing

you have to get out of your mind and

your thinking

then you may grasp him with the heart

and saint thomas aquinas that great

christian theologian says about god only

this can be said with certainty

that we do not know

what he is

you know that is what the church tells

us in very solemn language in the second

lateran council she says any image that

we have of god is more unlike him than

like him

now i know what some of you are going to

say to me you're going to say if that is

true

what about scripture

well

scripture

doesn't give us a picture of god

doesn't give us a description of god it

gives us a direction

because no words can give us a picture

of god let me explain that

you know in my country india let's

suppose i'm walking
towards bombay
and then i come to the signpost that
says bombay
and then i say well what do you know
here it is bombay
and i look at it and go back
and people say to me did you get to
bombay i said oh yes i got to bombay
what is it like you know it's like uh
what is like a board see painted yellow
and there are words on it uh the one
looks like a bee one looks
do you see that
i missed the point because that signpost
isn't bombay
in fact it isn't like bombay at all it
isn't a picture of bombay it's a pointer
that is what scripture is a pointer
in the east
we have a saying
when the wise man points to the moon
all that the fool sees
is the finger
imagine that i am pointing to the moon
and i say moon
and you come running up and say oh is

this the moon

and you're looking at the finger

this

is the danger and the tragedy of words

words are beautiful

father what a lovely word

to indicate god

but the church herself teaches us that

is a mystery

god is a mystery and if you take that

word father too literally you'll get

into trouble because people will be

asking you what kind of a father is this

that he allows so much suffering see

a mystery

unknowable unintelligible beyond the

mind

one more way of showing you the same

thing but i think you'll find it

profitable

imagine that there is a man born blind

and he says to me

what is this color green that everybody

is talking about

how would you describe that to him

impossible and then he says listen to

his questions he says

is it hot or is it cold is it long or is
it short is it rough or is it smooth it
is none of these things
because the poor man is asking the
questions from his limited experience
but let's suppose i were to try i'd say
you know that color green i'll tell you
what it's like it's like soft music
and one day the man recovers his sight
and i say to him well did you see the
color green he says no
you know why
because he's looking for soft music
he got stuck to that idea of green
being soft music
so when he was looking at green the
color green he failed to recognize it
that's another story we have in the east
of this little fish in the ocean
somebody tells the fish what a mighty
thing the ocean is
great marvelous and so this little fish
is swimming everywhere in search
of the ocean in the ocean
and all he finds is water see
he failed to recognize he got stuck to
that word

ocean

now can it be that that is happening to

us can it be that god is staring us in

the face

but because we are clinging to some

ideas we fail to recognize him that

would be a tragedy wouldn't it

so then we come to the second thing i

told you the first thing if you want to

attain to silence and you want to get to

god is understanding or readiness

to realize that your ideas of god are

all inadequate

and lots of people are not ready to

realize that

and that's the big obstacle to prayer

and to meditation in their case

the second thing you need to do

if you want to get silence

it is

now get ready

because some of you are going to think

that this is absurd

it's almost incredible

but all you need to do is look

listen

hear

see

that's all that's all

let me explain that

you know in the east we say

god created the world

god dances the world

can you think of a dancer and his dance

they're one thing they're not the same

thing but they're not two

there's a great english theologian

who put it in as lovely and as

profounder way he said

god is in creation

the way the voice of a singer

is in a song

let's suppose i want to sing a song

let's suppose i were to say

[Music]

my god to thee

you've got my voice

you've got the song

so intimately connected though they're

not the same thing now listen to this

isn't it strange

that we would be listening to the song

and we don't hear the voice

that we're looking at the dance and we

don't see the dancer

isn't it strange

that we should hear the song

and not hear the voice

that we can see the dance

and we do not recognize the dancer

now you might say to me

well

does it mean that if we just look

we will be given the grace of seeing and

of recognizing

no

you may

be given the grace of seeing and

recognizing because this calls for a

special way of seeing

you remember that lovely book the little

prince

the fox says something to the prince

there that is marvelously put he says

it is only with the heart

that one sees rightly

what is essential

is invisible to the eye

so what you need is

heart hearing

heart

seeing there is an admirable japanese

tale that brings this out

very well

this disciple goes to his master and he

says

you are hiding the final secret of

contemplation from me

and the master says no i'm not

and the disciple says oh yes you are

well

one day they happened to be walking

along the mountainside

and they heard a bird sing

and the master said to the disciple

did you hear that bird sing

and the disciples said

yes

and the master said well

now you know that i haven't hidden

anything from you

and the disciple said

yes

you know what had happened

he had attained

heart

steering

heart listening

this is a gift
that may be given to us
if we would look
another way of putting the same thing
you know i keep giving you these various
comparisons because some people will be
helped by some and others by others
imagine that i am looking
at the sunset
and a peasant comes to me and says what
are you looking at you seem all
enraptured and i say i'm enraptured by
the beauty
and the poor man comes every day at
evening to look for beauty i mean where
where is this beauty he says well
he can see the sun he can see the clouds
he can see the trees but beauty
he doesn't realize that beauty isn't a
thing
beauty is a way of looking at things
see
look at creation
hopefully someday
heart looking will be given to you
and when you're looking at creation
don't look for anything sensational now

you know you may have heard of the god

experience and you're nothing

sensational just look

just observe

and don't look at ideas

look at creation

and hopefully

it will be given to you because you will

become quiet as you look

and silence will overtake you

and then

you may see

that is what is brought out so

beautifully in the gospel according to

john where we are told in the first

chapter

all things were created

in him

and through him

and then we have that lovely sentence

which says

he was in the world

for the world was created by him

but the world did not recognize him

if you would look

maybe

you will recognize

look at the dance

hopefully you will spot the dancer

so those are two things i gave you now

as a help to attain silence

understanding

and looking

hearing

there is a final thing that i'd like to

recommend as a help to attaining silence

and that is the scriptures

the scripture is power excellence the

finger pointing to the moon so we use

the words of scripture to go beyond the

words and to attain silence

how would you do that

you take a passage from the scriptures

i'm going to give you one of my

favorites

john 7

you have it right here

and you begin to read

on the last day and the greatest day of

the festival

jesus stood up and cried aloud

anyone who is thirsty

should come to me

and drink

now let's suppose as you're reading that

you're gripped by that sentence

what do you do then

you recite that sentence in your heart

and you stop the reading

anyone who is thirsty

should come to me and drink

anyone who is thirsty

should come to me and drink

something like a mantra

you keep saying it again and again

until your heart is satisfied until your

heart is saturated you don't think

explicitly on the meaning of those words

now because your heart knows the meaning

and when you have come to that point of

satisfaction

then you

react to the words

how would you react

well some people may react this way they

may say anyone

do you really mean that lord

anyone

saint sinner

well here i come give me to drink

or someone else may react by saying i

don't believe a word of this what is
this drink that you talk about i have
come to you so often in the past and you
have given me nothing
that's all right
here is someone who is frustrated who is
angry
and it's perfectly all right to talk to
the lord like that very good prayer
because you're honestly telling him what
you have in your heart
yet another person might say
i know exactly what you are talking
about lord
because i have come to you in the past
and you have given me to drink
well here i come again
so that is the way you react
now it is perfectly possible that a time
will come
when you will tire of reacting in words
when there will be sentiments welling up
in your heart that will be so deep and
so rich that no words will be able to
express them
and all that you will be able to do
will be

to stay there helplessly in silence
responding to those words and to the
lord who said those words
beyond any words that you could use
and you keep to that silence
as long as you are not distracted
when you are becoming distracted again
then pick up the book
and continue to read
until you are light upon another
sentence
and so you see
here is a way of using the words of the
scripture to go beyond the words into
silence
it is
read
recite
and react
and gradually the reaction will be
silence
there's another way you can use the
scriptures
and it is this
you get into silence first
you know i suggested
looking and listening

in future programs i will suggest other
things like being aware of your
breathing
be aware of the sensations of your body
that will bring you into silence
and when you get into this deep
stillness
you recall a sentence of scripture
or get someone to read a sentence of
scripture to you
and you know what will happen
those words of scripture will be sort of
etched in your heart
they will have such a powerful meaning
for you
and they will deepen your silence
because they will have a meaning which
is quite beyond the mind
won't those words that somebody reads
disturb your silence oh no
it's like you know
the quiet and the peace of the evening
and then you hear the temple bell or you
heard that hear the church bell ringing
and you know that sound deepens your
silence
so that's what's likely to happen to you

if you get into silence and then
have a sentence of scripture read to you
or you read it yourself or you recall it
let me give you a variation of what i
was saying when i first began to talk
about scripture a few minutes ago
you can do this right after this program
you don't even have to open your bibles
for it
take some of those lovely lovely
sentences that jesus says in the new
testament
how beautiful they are come
follow me
everything is possible to someone who
believes do you believe that i can do
this
or that other sentence peace don't be
afraid it is i
or that other sentence do you love me
now let's suppose you were to choose
that sentence do you love me imagine
that jesus christ is standing right here
in front of you
and he addresses those words to you
now you must resist the temptation to
react don't say anything don't respond

let the words reverberate within your
heart let them resound within your being
and when you cannot contain it anymore
then react then give him your response
you know what's likely to happen here
you are likely to get into silence long
before the response a very simple and a
very effective way of getting into
silence so you may want to try this at
the end of the program

let me summarize for you
what i have said to you in this program

i have given you three

royal ways to silence

three

exercises the first

to understand

that god is nothing at all like what we

think he is

the second

to look

to hear

now mind you i don't want you to think

that by your looking you will create

that silence you cannot

because the silence i'm talking about

is

divine it is a gift

you know it is something like let's say

someone who cannot go to sleep

he suffers from insomnia you cannot

create sleep

but you can do something you could lie

down or whatever in the hope that sleep

will be given to you

so the second exercise

looking

and the third

scripture using the word of god

to get into silence

at the end of this program

i invite you to stay on here

and to try that

simple exercise that i gave you to

imagine that jesus is standing in front

of you

and he addresses to you one of those

lovely words of the of the gospels

and you react

hold in your reaction in the beginning

and then when you can hold it in no more

you speak to him

what i want to do now is

tell you a story which will bring out

the whole spirituality
of this
looking and this hearing that i spoke of
because you know i hold
that
a story
is the shortest distance between a human
being and truth
so this is the story
there was
a temple
built on an island
about
two miles away from the mainland
that's where the island stood and in
that temple
there were a thousand silver bells large
bells small bells bells made by the best
craftsmen in the world
and every time the wind blew or the
storm raged the bells would peel out
and it was said that anyone who heard
those bells
would be enraptured
and would be taken into a deep
experience of god
well as the centuries passed

the island sank into the sea

and with the island the temple

and the bells

but the tradition persisted that those

bells now rang out continuously

and if anyone had the gift of hearing

them

that person would still be transported

into god

well a young man was inspired by this

legend and he undertook a journey of

hundreds of miles till he came to the

spot opposite to which it was said that

the temple had stood centuries ago

he sat under a tree

a large coconut tree

and he began to strain

to hear the sound of those bells

but no matter what he did

all he could hear was the roar of the

waves as they splashed against the shore

as they dashed against a nearby cliff

and that irritated him because he tried

his level best to push that sound out so

that he would get into silence and hear

the sound of those bells

well

to no effect

he tried for a week

and for four weeks and for eight weeks

and then it became three months

occasionally when he became discouraged

he would hear the village elders at

night talk about the tradition and about

the people who had been given this grace

and his heart would glow within him

but he knew that a glowing heart was no

substitute for hearing those bells

well after he had tried it out for six

or eight months

he decided to give it up

maybe the legend wasn't true

or maybe

the grace was not meant for him

he said goodbye to the people he was

living with

and then he went to the shore

to say goodbye to that favorite coconut

tree of his and the sky and the sea

and as he sat there

he began to listen to the sound

of the waves strange

it wasn't a jarring sound he discovered

for the first time that it was a

soothing sound

and it relaxed him

and he became silent

and as the silence went deeper and

deeper

something happened

he heard

the tinkle

of a little bell and he jumped up and

thought i must be producing this i must

be suggesting this to myself

once again

he began to listen to the sound of the

sea

and relaxed and became silent

and the silence became deeper

and he heard it again

the tinkle of a little bell

and before he could jump up this time it

was followed by another and another and

another and another and soon he was

hearing the glorious symphony of a

thousand temple bells peeling out in

unison

and he was transported out of himself

and was given the grace of being united

with god

the moral of the story is

if you want to hear the sound of the

bells

listen to the sound of the sea

if you want to recognize the dancer

look at the dance

if you want to hear the voice of the

singer

listen to the song

look

listen

hopefully someday it will be given to

you to see

and to recognize

in silence

[Music]

in the last program

i talked to you about silence

today i want to talk to you about peace

let me begin with a story it is a story

of two monks who had lived together for

40 years

and had never quarreled even once

so one of them said to the other

don't you think it's high time we

quarreled at least

once and the second monk said all right

let's begin what would we quarrel about

and the first monk said

uh

how about this loaf of bread

and the second said okay let's quarrel

about the loaf of bread how do we do it

the first monk says well

this bread is mine belongs to me

and the poor second monk looked at him

helplessly and he said okay take it

the moral of that story

is

that peace is not

necessarily destroyed by fighting and

quarreling

do you know what destroys peace

me

this belongs to me

and i'm not going to share it with

anyone when someone takes on that

attitude

a fear and a selfishness builds up

within his heart

and the heart becomes hardened and that

is the great enemy of peace a selfish

hardened heart

imagine a nation

where a group of people
owns a great deal of land or money or
whatever and they say we're not going to
share this with the needy or with anyone

imagine

that in the united nations every nation
took this attitude we're only interested
in our own good and we couldn't care
less for others how could there be peace
in a situation like this where there are
hardened hearts

hardened nations

but let's not talk about nations let's

talk about you and me

look into your own heart

can you say

oh there's a certain amount of

quarrelling and fighting in my life

but there is no rancor no bitterness no

hatred

can you say oh there is a fair amount of

pain and suffering in my life

but there is no inner turmoil and

conflict

there is a great deal of activity and

action in my life

but there's no nervous strain and

tension

can you say that

if you can

you are a lovely oasis of peace

in the vast desert of this world

and the whole purpose of prayer

is to spread this oasis

everywhere

how would we do that

well let's not talk about it let's do it

let's do it right now

close your eyes and i am going to do the

same

so that we can together you and i do a

simple spiritual exercise that won't

last more than a minute or two so close

your eyes

and get in touch with your body

become aware of the feel of your clothes

on your shoulders

the touch

of your clothes

on your back

your hands get the feel of your hands

as they rest on something

or touch

each other

get the feel of your thighs pressing

against the chair

your feet

touching your shoes

or touching the floor

once again

your shoulders

your back

your hands

your thighs

your feet

again

shoulders

back

hands

thigh

feet

now gently

open

your eyes

and we shall end

the exercise

now i really wish i could be out there

with you

and get your reactions

what happened to you when you did this

exercise that i proposed

did you feel relaxed did you feel tense

most people

feel relaxed

a very few feel tense now if you are one

of those who feels tense

what i suggest is

that you get in touch with your

attention what part of your body do you

feel the tension in

and become as aware as possible of the

tension

and you will gradually become relaxed

again

in fact

if we were to do this exercise for five

or ten minutes

you know many of you out there would

begin to nod and doze that's how relaxed

you would become

now some of you will say

this

relaxation exercise

does this bring the the peace that you

were talking about

well

this isn't really a relaxation exercise

you know it's an awareness

exercise

all right you'll say but does it bring

peace

yes

it brings peace

even though you may find it hard to

believe

you know what is likely to happen to you

when you do this exercise

you're likely

to

come into yourself

and you're likely to feel all kinds of

things

experience things

see things

that would surprise you very greatly

you know there's a lovely indian story

about god

he was tired of people you know they

were always pestering him and asking him

for things so he said i want to get away

for a while and hide

so he collected all of his counselors

and he said now where could i hide what

would be the best place for me to hide

and some of them said

hide on the top of the highest mountain

on earth

and others said oh no hide in the depths

of the ocean they'll never find you

there

and others said

the best place to hide would be on the

far side of the moon

how would they ever find you there

and then god turned to his most trusted

angel

and he said where would you advise me to

hide

and the angel smiled and said

hide in the human heart

that's the one place they will never

think of searching for you in

fanciful tale

isn't it

but it contains a deep truth

you know this simple exercise that i

have proposed

it brings you to your heart

it brings you home

that's what it means to come back to

your heart

you come home

to yourself

in a very

simple way

all that you're doing is you're getting

in touch with your body but you're

getting in touch

with yourself

and that is important

and as i told you

in time

you will discover

all kinds of mysterious things

which will bring peace and your heart

will become soft

and the fears will disappear

and the conflicts will go

but for that

you need time

you know there is no formula for instant

peace you have to find the time for it

all right if you tell me you don't have

the time i'll compromise with you

and i'd recommend that you do this

during the day

let's suppose you're driving your car

get the feel of the steering wheel

get the feel of the seat of the car

get the feel of your feet touching your
shoes

like get in touch with your body

keep your eyes open of course but

for the rest

get the feel of the movement of your

body when you're walking

that'll quieten you down

and hopefully you will get some taste

of what this exercise can give you

that you will be sufficiently motivated

to try the real thing to really sit down

and get in touch with the sensations in

your body you know the way it is

practiced in the east is this you start

from the crown of your head

and you attempt to get all the

sensations you can

face neck chest etc

right down to the tip of your toes

then you begin again in the crown of

your head

and go downwards

that's how it's practiced

let me tell you

some of the effects

of this exercise

though ordinarily this isn't done you
know

ordinarily in the east people are told
do it

and you will see

all right what's likely to happen to you

if you do this exercise

the first thing is

you're going to become present

you're going to get into the present

and that is an extraordinary thing you

know to really come to the present

are you one of those people

who cannot remember where they've placed
things

are you one of those people who's always

tense and strained

and harried

are you one of those people who cannot

concentrate who cannot remember

well

you need practice

in getting into the present

just what i'm talking about

you know there was a great guru

who was talking to a group of business

executives

and he said to them

just as the fish

perishes

it suffocates and perishes on dry land

so you

will perish if you get entangled in

worldly affairs

the fish must get back to the water if

it wishes to live

you must get back to your heart

so these poor business executives said

you mean we've got to give up our

business

and get back to the monastery he said oh

no no i didn't say get back to the

monastery hold on to your business

and get back

to your heart

you see

getting back to the heart does not mean

getting into some kind of mystical

mysterious faculty no no no

it means

come home to yourself

it means

get into the present

and you will live

there's another thing that this exercise

will give you

and that is

it will help you to slow down

you know speed is a very wonderful thing

i have nothing against it at all it's a

great thing speed

but when speed becomes hurry

that's a poison

the japanese have a very interesting

saying they say the day you stop

traveling

you will arrive

the way i put it would be the day you

stop rushing

you will arrive you know that reminds me

of a father

who was shepherding his children through

a museum and he's saying to them come on

hurry up hurry up because if you stop to

look at everything you'll see nothing

see

that's a parable of life

that's what all of us are doing we're

the whole time trying to save time

and we're missing out on life

you know it's something like jesus

saying

you gained the world

but you lost your soul

i'm reminded of a fellow who was driving

once with his wife

and he was you know he was crazy about

speed

and then his wife looks at the map and

she says

darling we're on the wrong road

he says never mind we're making great

time

so

there it is a parable of modern life

this is possibly what so many of us are

doing and you know what this exercise

will do for you it will slow you down

but you could do something else

you could slow down

as a means to getting into this exercise

better how would you do that

look

how long does it take you to get to work

20 minutes

make it 21.

now some of you are going to think i'm

crazy

make it 21.

how long does it take you to have

breakfast 10 minutes

make it 11. like

give yourself a pat in the back

for every few seconds that you would add

onto everything you're doing

try it out for only a week

then you won't have to believe me any

longer slow down you will come into the

present

the third thing this is going to do for

you this exercise

and it is this

uh let's put it this way you know there

was an indian businessman

who told me he was very afraid to get

into meditation he was very reluctant to

get into meditation because he said uh

you know my business will suffer

incidentally

these exercises that i'm giving you are

for busy people for active people

uh for energetic people i'm not

inculcating any mystical withdrawal far

from it

all right so this businessman said to me

i was so afraid to get into meditation
now when he practiced these exercises
that i am recommending to you
well
his business was doing twice as well as
before do you know why
because he was more integrated
he was more centered
and he was doing one thing at a time
that's one of the great blessings of
prayer
contemplation mysticism
you begin to do one thing at a time and
you're totally there
so it's easy to see why his business
prospered why he was so much more
effective and efficient
now before i go on
there's an objection that i'm pretty
sure some of you are going to have
you're going to say
are these spiritual exercises
is this meditation
that's right
spiritual
exercise
you know there are

millions of people in the east
who only do this and nothing else
and they attain heights of spirituality
that's the teaching of christianity
isn't it
that god and spirituality
is to be found in life
not by withdrawing from life remember in
the previous program
i spoke to you about silence and i told
you god is found in life
the same thing here
is it prayer you will say well it all
depends on how you define prayer
if by prayer you mean talking to god
no
it isn't prayer because you're not
talking to god while you're aware of
sensations in your body while you're
aware of the movement of your body when
you walk
but if by prayer you mean union with god
yes sir
it is prayer
so you will find prayer and meditation
in that simple exercise that i gave you
of being aware of the sensations of your

body

there are many other benefits that that

exercise

will give you

spiritual benefits like acceptance like

a sense of perspective

but you find that out for yourself what

i'm going to do is propose for those of

you who would not have the patience or

the perseverance to go on with that

exercise

two simple

spiritual exercises

the first

is called i call acceptance

and the second

perspective

how does one do these exercises let's

begin with the exercise on acceptance

you remember that prayer

lord give me the grace

to change whatever can be changed

to accept what cannot be changed and the

wisdom

to know the difference

there are so many things in our life

that we cannot change

we're powerless

and if we learn to say yes

to these things

we will find peace because peace is

found

in yes

you cannot change

the ticking of the clock

you cannot change the death of a loved

one

you cannot change the weather

you cannot change so many of your body's

limitations and disabilities

now make an exercise of all of this

the things you cannot change stand

before each one of them

and say

yes

because in doing that

you are saying yes

to the lord

you may find it difficult at times then

don't force yourself

but if you can find it in your heart

to say yes

you are saying yes to god's will

and as the great italian poet dante says

in his will

is our peace

nearly 95 of the things

that upset our peace

are things that we cannot change

and if you develop this attitude

you will have peace even in the things

that you are fighting to change

the second spiritual exercise that i

suggest now is

perspective

what's that

think of the time when you were a child

and you clung to something so

tenaciously

you did not want to give them up you

thought you would not be able to live

without them

or think of the some of the things that

you detested and hated when you were a

child

or some of the things that you feared

how many of those fears

and likes and dislikes persist till

today what happened to them they passed

away did they not

well

the exercise is the following

make a list of the things that you are
possessive of that you are dependent on
that you don't want to let go of
and of each one of these things say
this too

will pass away

and make a list of the things that you
dislike

that you cannot put up with

and of each of those things you say
this too

will pass away

and you make a list of your fears for
the future

and of each of those fears you say

this too will pass away

well

i have proposed a number of exercises to
you in this program

so i want to summarize everything i have
said

the first

exercise that i gave you was that great
exercise

of awareness of body sensations

you will find

wisdom

perspective and so many other spiritual

graces in this exercise

but you may want to try out some of the

other ones

you may want to try out the exercise of

slow down

or that other one do one thing at a time

in fact if you practice that exercise

you will be greatly helped if you

internalize verbally

every action that you are doing like

now i am picking up my pen

now i am writing in the book

now i put the pen aside

now i close the book

this will seem strange to you

but you will not be able to judge these

exercises until you give them a try so

try it

and then there are those last two

exercises i proposed

the one of acceptance

and

perspective

in the next program i will be talking to

you

about something that is intimately
connected with peace
joy
but i invite you at the end of this
program to stay right there
and to try out
that exercise that i suggested of being
aware of the sensations of your body
you will get mighty little in the
beginning perhaps you may find you are
very distracted
but try it and at the end of those 10
minutes you will notice something of a
difference
when jesus was born
the angel sang of peace
and when jesus died
he made a gift to us of his peace
my peace i give to you
so peace is a gift we cannot produce it
we cannot create it all we do by means
of these exercises is dispose our hearts
to receive it
remember that story in the bible
of that syrian
general
who went to the prophet in israel so

that he would be cured of his leprosy
and the prophet said to him
go and bathe in the river jordan seven
times and the man was indignant he said
don't we have better rivers in my
country that i would have to wave to to
bathe in this river jordan i thought
that the prophet would come out and lay
his hands on me and cure me
and one of the servants said
to the general
master
if the prophet had told you to do
something difficult you would have done
it he's asking you to do something so
simple and easy
so
try this simple and easy exercise
you can hardly believe the effects it
will have on you
but when you experience those effects
you won't need to believe any longer
i want to end this program
with those lovely words of saint paul
that could serve as a blessing on you
and on me
may the peace of god

which surpasses all understanding

guard our hearts and thoughts

in christ jesus our lord

[Music]

in the last program

i spoke to you

on the topic of peace

i want to deal today

with something that is very intimately

linked with peace and that is

joy

one of the most frequently quoted

sentences in christian literature is

that famous sentence of saint augustine

where he says

our hearts were created for you o lord

and they are restless

until they find their rest

in you

every time i hear that sentence of saint

augustine i am reminded

of another sentence

made famous

by one of our great

religious mystical poets in india a man

called kabir

he writes a lovely poem that begins with

the following sentence

he says i laughed when they told me

that the fish

in the water

is thirsty

take a little while to get that image

the fish in the water

thirsty how could that be

we human beings surrounded by god

and restless

take a look at creation all around you

everywhere trees birds

grass

animals

you know something

the whole of creation is shot through

with joy

the whole of creation is happy

oh i know there is suffering there is

pain

there is growth and decline

and aging

and death you find that in the whole of

creation but no restlessness

no unhappiness if you really understand

what happiness means

only the human fish

is thirsty only the human heart

is restless

isn't that strange

what i want to explore with you in this

program is

why are human beings unhappy

and

what can we do to change that happiness

into joy

why are people unhappy

for two reasons mainly

because they have wrong ideas

and they have wrong attitudes let's

begin with the ideas

the first wrong idea that people have

is that joy means being on a high having

pleasurable sensations having fun

it's because they have this idea that

people go in for intoxicants and

stimulants

and then they end up depressed

the thing to be intoxicated on is life

it's a quieter kind of intoxication

but it is lasting

so that's the first wrong notion we must

get rid of

that joy means having a high no

no not necessarily

the second wrong notion

to think that we can chase after

happiness we can do

something to get

happiness

well i'm almost contradicting myself

here because soon i'm going to tell you

what we can do to attain happiness but

happiness

cannot be sought in itself

happiness is the offshoot of something

else

you know true happiness is barely an

experience

so that when it is deepest

you're hardly aware of it

and that is the reason why

it has been said

so wisely and so well

that happiness is really a memory it is

barely an experience

there's the second wrong notion we have

to get rid of then

and the third and probably the most

important

wrong notion

about happiness is that happiness is
found in externals
you know happiness is found in other
things in other people
i change my job maybe i'll be happy i'll
change the place i'm living in maybe
i'll be happy i'll marry somebody else
maybe i'll be happy happiness has
nothing to do with externals
and so people think
money
power respectability these bring
happiness they don't
poor people
can be happy i remember reading the
story of a nazi prisoner the poor man
was tortured every day
and then one day they changed his prison
cell
you know he had four bare walls
and in his new prison cell
he has a skylight through which he can
see a patch of blue
during the day
and some stars at night and the man is
ecstatic he writes home thrilled about
this great good fortune

when i read that story
i looked out of my window
and i had the whole expanse of nature to
gaze at i was free i was not a prisoner
i could go wherever i wanted and i
didn't have a fraction of the joy
of that poor prisoner
i remember reading a novel of a
man a prisoner in a soviet concentration
camp in siberia
the poor man is awakened at four o'clock
in the morning they give him a chunk of
bread
and the man thinks
i better keep some of this bread because
i may need it at night
i cannot go to sleep because i'm hungry
and maybe if i eat it at night i'll
sleep
and then at the end of the day after
working all day he crawls into bed he
covers himself with a blanket that
barely keeps him warm and he's thinking
he's saying
it's been a good day today
today i didn't have to work where the
icy wind blows

and tonight

if i wake up hungry i've got a piece of

bread

with me so i'll eat it and i'll sleep

well

joy

happiness would you believe it

i met an extraordinary woman once she

was paralyzed from the neck down

where did she find that joy that she

seemed to perpetually have everybody

would be asking that

one day she said to me

i

have all the loveliest things in life

i can do all the loveliest things in

life

paralyzed in hospital

full of joy

so joy is not found in externals get rid

of that notion

or else you'll never find it

there's another thing we have to get rid

of if we want to find happiness and joy

and that is change

some of our wrong attitudes

what are those attitudes that need to be

changed the first attitude i would say
is the attitude of the sulking child
you've ever seen a child who says unless
you play the game my way i'm going home
that attitude

examine yourself as i'm talking right
now

think of something that's making you
unhappy

and see if you can detect this sentence
that you're saying almost unconsciously
to yourself

you're saying

unless i get this or that or the other

i refuse to be happy

unless this or that or the other is

given to me

or happens

i refuse to be happy

lots of people are not happy because

they're putting conditions to their

happiness

so

find out

if that exists in your heart and drop it

there's a nice story of a man

who was always pestering god

with
all sorts of requests so god appeared to
him one day and said look i've had
enough
three requests no ball three petitions
and after i've given you that i'm going
to give you nothing else
so make your wishes
and the man was delighted he said you
mean you will give me any three things i
asked for and god said yes but nothing
more so the man said you know i feel a
little ashamed to say this but uh i'd
like to get rid of my wife
because uh she's a nag and she's always
you know it's unbearable i cannot live
with her so if i could get rid of her so
god said all right
your wish will be granted
and his wife died
well
the man felt guilty about the relief he
felt in his heart but he felt happy he
felt relieved he thought i'll marry
someone else who's more attractive
when the relatives and his friends came
to the funeral

they began to praise this woman who had
died

and the man suddenly came to his senses

he said my god

here was this lovely woman and i hadn't

even noticed her i didn't appreciate her

when she was living

so he felt awful about that he went

running back to god and he said

bring her back to life so god said all

right second wish granted

now he had only one wish left

so he thought

what shall i ask for and he consulted

and some of his friends said ask for

money if you have money you can get

anything

and other friends said what's the use of

money if you have no help

and others said what's the use of health

if you have to die someday ask for

immortality

so the poor man didn't know what to ask

for because others would say what's use

of living forever if you have no one to

love you ask for love

so he thought and he thought and one

year went by and five years

and ten years

and he hadn't asked for anything yet so

one day god appeared to him and said

when are you going to ask for that third

wish of yours

and the poor man said lord i'm all

confused i don't know what to ask for uh

could you tell me what to ask for could

you advise me

and the lord laughed when he heard that

he said all right

i'll tell you what to ask for

ask

to be happy

no matter what you get

there is the secret

so that's the first attitude to get rid

of

the sulking child

the second attitude the clinging child

you know if you cling to your negative

emotions

you're never going to be happy

now i don't mean you shouldn't have what

we call negative emotions you wouldn't

be human you would not be human if you

didn't occasionally feel depressed and
if you didn't sometimes feel anxious and
if you didn't grieve at some loss you
wouldn't be human that's all right you
can feel those negative emotions and let
them go

you know what the bad thing here is when
you cling to them

try this exercise out

it's going to be a little difficult but

very

rewarding your heartbreak

your jealousy

your guilt

your resentment ask yourself

what would happen if i let them go

you know in the east

we have a thing called the quan

it's one of those deep spiritual

exercises it's a question really that

the master puts to the disciple a

question that has no rational answer for

instance

what is the sound of one hand clapping

what was the shape of your face before

you were born that sort of thing

i'm going to give you a quantity

as an exercise

ask yourself

what would happen

if i

dropped

this negative emotion that i have

my guilt

my heartbreak my jealousy my resentment

etc

if you stay with that question if you

stay with that go on you know what's

likely to happen

a fear will come up within you

and then continue to ask the question

what will happen

you may make a great

discovery

i'm not going to say any more about this

exercise i'm going to go straight on

to the next part of this program namely

how

can we attain

happiness

and joy

and i'm going to propose

four simple exercises

here simple means of getting joy

the first one i'm not going to tell you
you guess it from the story that i'm
going to tell you
there's the great japanese zen master
ryokan
now ryokan lived at the foot of a hill
and lived a very simple life one day
when he was away a thief came to his
house to steal
and he found nothing there and while the
thief was in the house the master
returned and he caught him red-handed
and the master said
you have traveled a great distance
to come to meet me
you must not go away empty-handed
and so he gave him his blanket and his
clothes he pressed them on the thief and
said here take this
so the poor beveled thief
took this and slunk away
and after he had gone
the master sat at the door of his hut
and looked at the gorgeous moonlight
and he thought
poor fellow
i wish i could have given him this

gorgeous move

what kind of an exercise is this story

recommending

i keep you guessing for a while and i'll

tell you later you know

this exercise

and the previous one the quan

are excellent

for long-term results

you want short-term results

you want to experience joy immediately

you want to experience happiness at once

try the following three other exercises

that i am going to propose

the first

try saying

how lucky i am

how grateful

i am

because you know something

it is impossible

to be grateful

and unhappy

there's the story

of a man who comes running to his rabbi

one day and he says rabbi you've got to

help me

my house is a hell we're living in one
room

me and my wife and my children and my
in-laws and it's a hell there's no place
there

the rabbi smiled and said all right i'll
help you but you've got to make a
promise to do anything that i tell you
and the man said i promise i really
promise it's a solemn promise and the
rabbi said

how many animals do you have
and the man said well we've got a cow
we've got a goat and we've got six
chickens

the rabbi said take the animals into the
room

and come back after a week

a man was stunned but he had promised

see

so he went home depressed

and he took the animals in

and the following week he comes back in

tears he says rabbi i'm going crazy

we're all going crazy we're on the verge

of a nervous breakdown you've got to do

something what can we do

and the rabbi said

go home

and put the animals out

come back after a week

the man ran all the way home

and when he came back the following week

his eyes will glow he says rabbi

the house it's wonderful so clean it's a

paradise

get the point

i read a lovely sentence once of someone

who said

i had no shoes

and i was always complaining that i had

no shoes

until i met someone

who had no feet

think

of that extraordinary woman helen keller

dumb

blind deaf

and yet rejoicing in life

if you can find it in your heart to be

grateful

you will find the secret of happiness

try this here's the third exercise i'm

proposing i would propose to you

sometime later put yourself
in the place of that paralyzed woman
that i talked to you about before
remember
put yourself in her place
you could even lie flat on the floor
the better to get into that mood
imagine that you're paralyzed and say
the following sentence that lovely
sentence that i heard from her lips
i can do
all the loveliest things in the world
i have
the loveliest things in the world
find out what those loveliest things are
you'll discover love
you'll discover
taste and smell and sight and hearing
that you can hear the song of birds and
the wind in the trees and the voices of
your friends and you can see their faces
you'll find them all maybe in doing this
exercise you will stumble upon the
secret of gratitude
and here's one more exercise that you
may want to try
a very simple one

think of yesterday

go over all the events that took place

yesterday one after the other

and at each event

be grateful

say

thanks

remember in the previous

program

when i talked to you about peace

i told you say yes

so here say

thanks

how lucky i was

how lucky i was that that happened to me

oh and you will probably come to some

things that were unpleasant and that you

didn't like

then stop

is there a sulking child there

is there a clinging child there there

isn't all right then think

that thing that happened to me

it has seeds for growth

it was placed there for my good

think of that

and say thanks

and go on

there's one last exercise that i would

like to propose

and this has to do with faith

the previous two

had to do with gratitude remember how

lucky i am how grateful i am

this has to do with faith the faith

that everything

is given by god and allowed by god

for my good

as an extraordinary english woman

juliana of

norwich and

she writes in one of her books the

showings of divine love what i consider

to be the loveliest sentence i have ever

read in my whole

life

she says

and all shall be well

and all shall be well

and all manner of thing

shall be well

she says this in the context of a vision

that she had

where she sees god

holding the whole of the universe in his

arms lovingly tenderly

now here is the final exercise i suggest

i call it the blessing

think

of the events of the past pleasant ones

unpleasant ones

and at each event say

it was well

it was well

and think of some of the things that you

have now and that are happening to you

now

and say

it is well

it is well

and think of some of those things of the

future

and say

it will be well

it will be well

and see what happens to you see how your

faith

will be changed into joy

your faith that everything is in the

hands of god

and everything as saint paul tells us

will work for our good

let me summarize then

everything i've told you in this program

i told you

why

we are not happy

we have wrong notions

particularly that wrong notion

that joy and happiness

is in externals

there's an interesting story

of this man who comes running to a monk

that happens to be passing by his

village

and he comes to the monk and says give

it to me give me the stone give me the

precious stone

and the monk says what stone are you

talking about

and the man says last night god appeared

to me in a dream

and he said a monk will be passing by

the village tomorrow at noon

if he gives you a stone that he has in

his sack you will be the richest man in

the country

so give me the stone

and the monk rummaged in a sack

and he pulled out a diamond

the largest diamond in the world it was

the size of a man's head and he says is

this the stone you want i found it in

the forest if you want it take it

so the man grabbed the stone and went

running all the way home

but he couldn't sleep

that night

and early next morning he came to where

the monk was sleeping under a tree and

he woke him up and he said here

take this diamond back

kimmy the inner

riches that makes it possible for you

to give the stone away

that is what we have to discover

if we want to find joy

and i've given you five exercises as a

help

to attain that the quran remember

ask yourself that question

why what would happen to me if i gave up

my negative feelings

the second exercise i didn't make it

explicit but it is the same exercise

that i suggested in the first and the

second program

looking

hearing

getting in touch with your body

sensations

and you will be overtaken by silence

and peace

and joy

and then i gave you three exercises

for short-term results

the identification i call it

namely identify with that paralyzed

woman

the exclamation how lucky i am

how grateful i am

and the blessing

it was well

it is well

it will be well

in the next program

i will be talking to you

about

life

but when this program gets over within a

minute or two

i

would suggest

that you stay there

if you're listening to this program in a
group

some of you may want to lie on the floor
and identify with that paralyzed women
woman

some of you may want to sit right where
you are and close your eyes
and do one of the other exercises that i
recommended

there's just one objection that some of
you may have before you get into this
exercise you may think is this prayer
because you know we're not talking to
god think what a lovely prayer it is
how it would gladden the heart of god
when he sees his children optimistic
grateful

happy

there is no sweeter prayer on earth
than a grateful heart

if you ever get that

then the whole of your life will become
a prayer

and the whole of creation

will become a temple and a church

[Music]

in the last program

i talked to you

about

joy

today i want to talk to you

about life

there's an interesting story about

buddha

that he was sitting one day surrounded

by all his disciples when an angel

appeared to him

and said

how long do you want to live

ask for a million years and they will be

given to you

and buddha said unhesitatingly

80 years

when the angel disappeared

his disappointed disciples complained to

buddha they said master why didn't you

ask to live for a million years

think of the good you would have done to

hundreds of generations

and the old man replied with a smile if

i live

to be a million years

people will be more interested in
prolonging their lives
than in seeking for wisdom
you know what he meant
they would be more interested
in surviving
than improving than in improving the
quality of their lives
and how true that is
how few people
spend
any of their time and their energy in
improving the quality of their existence
i'm reminded of an actor saying to
another in a movie that i saw some time
ago says the actor you know john
when you
come to die you will die
without ever having lived
people
well seem to be alive they're breathing
they're eating they're talking they're
they're conversing they're moving around
but
they're not dead of course
but are they alive
they're neither dead nor alive really

now you might say could i be one of
those well here's a checklist for you
what does it mean to be really alive it
means three things it means to be you
to be now

and to be here

let's talk about those three things

to be alive means to be you and in the
measure that you are you

you are alive

you will say

am i not me who would i be if i'm not me

well it's quite possible that you may

not be you

that you may be a puppet

let me explain that

suppose we had a dog

and we inserted an electronic receptor

in the brain of that dog and then we

sent that dog off to another country to

china let's say

and then from here we keep sending

signals to that dog we say stand up and

the dog stands up we say sit down and

the dog sits down we say lie down and

the dog lies down and everybody is

amazed

what's happening to this dog you know

what's happening

he is subject to remote control

now that is a pretty good image

of millions of people

people come to me

so often to consult me about their

spiritual problems about their emotional

problems and again and again i find

myself asking myself

to what voices is this person here

responding

to what voice of the past here's a

person who's depressed

here's another one who's anxious

there's a third one who's prejudiced

have you ever heard that saying of

albert einstein that it is more

difficult to disintegrate a prejudice

than the atom

well here you have these people

who are really

not themselves at all they're controlled

now

what

is the result of that

they become puppets

they have mechanical behavior mechanical

feelings mechanical attitudes and

convictions not alive feelings not a

live behavior and they don't know it

because as i told you

they're responding to voices the voices

of people from the past the voices of

past experiences they've had some

experiences

that affect them and control them

so they are not free and not alive

well

this

is what i

consider to be a major obstacle in the

spiritual life

remember that phrase of jesus when he

says

if you want to be my disciple you must

hate your father and mother that's a

strong word hate

and people are scandalized by it

what does that mean

surely jesus doesn't mean that we must

hate our real father and mother poor

things we must love them as we love all

other human beings

i think
that the father and mother that jesus is
talking about is the father and mother
we carry around in our heads
that control
those voices
that is what we must drop that is what
we must give up so that we will give up
our mechanical existence we will stop
being puppets
because how can you have
a spiritual life i ask you
if you are not alive
how can you be a disciple of jesus
if you're mechanical if you are a puppet
all right
so then how do we drop the
mechanicalness in our life
i'm going to give you an exercise that
seems so simple
that you'd hardly believe that it works
but it isn't an easy one
and if you persevere in it
you will see the difference and the
exercise is this you could even try it
out as i am talking to you
think of an event in the recent past

something that happened yesterday

something that happened in the past week

uh it could even

be

an unpleasant event in fact

if it is unpleasant the better

and what i want you to do now

is observe yourself

reacting

how are you reacting emotionally

and what kind of convictions and

attitudes of course you won't call them

prejudices but what kind of convictions

and attitudes do you have in that event

just look at that and ask yourself

what voice am i responding to

or you could say is somebody else

reacting there

for me

someone that i am carrying around from

the past

now this exercise has lasted a few

seconds or a minute at the most

if you really want to get what it brings

then you'll have to take more time

and observe various events of the day

look at yourself reacting just look

don't judge don't condemn don't approve
just be a neutral observer and look
you need not even ask that question that
i suggested you know what am i reacting
to or who is reacting in me what voice
am i responding to you need not even ask
that if that distracts you just look
and the mechanicalness will drop
and the life will begin to come in
and you will notice the change
in the last program i spoke to you
about this paralyzed woman remember
well i'm going to talk to you in this
program about an extraordinary paralyzed
man that i met
he said to me you know father
i really began to live
after i became paralyzed
because for the first time in my life i
had the time to look at myself
and to see my life
and to see how i was reacting and to see
how i was thinking
and as a result
life has become so much deeper and
richer and much more
appealing than it has ever been before

isn't that interesting that a paralyzed
man would find life
and so many people who would be moving
around freely
would not find it because they would be
paralyzed inside
that is the great block
no time that's what they tell me
everywhere we have no time where are we
going to find the time for this
well what are you spending your time on
on maintaining this mechanical existence
of yours
you know it reminds me of that mugger
who says to a man your money or your
life and the man says well you better
take my
life because i need my money for my old
age
now if you find that funny think of this
think of people saying
well you better take my life because i
need my time to maintain my puppet
existence
if it wasn't a tragedy it would really
be funny
well

this
is let me summarize then what i have
given to you
in when i spoke to you about
being
you
i said
observe
your reactions
at every event of the day
observe your convictions
question them are you open to
questioning your convictions if you're
not you're prejudiced
you're mechanical
i'm reminded of a brilliant young rabbi
who succeeded an equally brilliant
father who was also a rabbi
his people said to him rabbi
you are completely unlike your father
and the young man laughed he said i'm
exactly like my father my father
imitated no one
i imitate noah
he was not a carbon copy
neither am i
that's what it means to be alive to be

unique

to drop those voices and the remote

control and you will get it through

observation

there is a second thing that you need to

be alive

and that is

to be

now

what does that mean

that means to understand first of all

something

that very few people understand

namely

that the past is unreal

that the future

is unreal

and to live in the past and to live in

the future is to be dead

oh i know

there are wonderful things in the past

and we can learn lessons from the past

and the past has influenced and shaped

us etc fine but it's not real

and we must plan for the future and

that's excellent

in fact if you hadn't planned for the

future in all likelihood you wouldn't be
listening to me now
that's fine but the future isn't real it
is a notion in our heads
and as long as you live in the past and
in the future you're not now
you're not here
let me explain that by means of a
comparison suppose there's a family
that's going on a trip to switzerland
for a three-day vacation
and they spend months on end planning
that vacation
and the moment they get there they're
spending most of their time planning
their trip back
and you know when they are there
instead of taking in all of that
gorgeous scenery instead of soaking in
the atmosphere they're busy taking
pictures
which they will show to their friends
when they get back
pictures of places where they never were
well they were there physically but they
weren't really there they were somewhere
else

unreal vacation

unreal lives

you know we live

in a future culture

the culture of tomorrow tomorrow i'll be

happy tomorrow i'll live

like as soon as i get through high

school i will live

as soon as i get through college i live

then when you've got to college you say

well when i get married i'll live and

then after you're married you say well

when the children grow up i live

and by the time the children have grown

up you don't know what it means to live

and in all likelihood

you will die

without

having ever lived

you ready for a shock

listen

examine

your own

life

watch all your thinking

and think

how often you are in the past and the

future how many minutes of your day are
spent in the past or in the future you
might get a shock
because you might realize
how little you are in the present
how little alive you are
think of it this way
you're peeling this orange so that you
will eat it
now if your mind is all fixed only on
the eating of the orange you know what's
likely to happen in all likelihood
you're not peeling the orange because
you're not there
and when you come to eat that orange you
will not eat the orange because you will
be somewhere else
like the story of that boatman
this wise and ancient boatman who is
carrying pilgrims across the river in
his boat
so that they can go to a shrine
one day someone says to the boatmen
didn't you ever go to the shrine
and the boatman says no not yet because
i still haven't taken in everything that
the river has to offer me

this river

i find peace here

i find wisdom

i find god

but these poor pilgrims they don't even

notice the river their minds are all set

on the shrine they don't see it

could that be the story of our lives

that we're washing

the cup to drink the coffee

and so we're really not washing the cup

because we're not there and we never

drink the coffee because we're not there

and so it goes on and on and on

that would be a tragedy wouldn't it we

would have missed out on life

well how would we remedy that

there's another story of buddha i told

you one at the beginning of this program

well

the legend in india says that buddha

traveled all through india in search of

enlightenment he went to the greatest

masters of his time he practiced all the

disciplines and spiritualities available

but he couldn't get

what we in india call enlightenment

till finally he gave up in despair
and so the story goes he sat under a
bodhi tree
and he was enlightened it happened
years later his disciples said to him
now master tell us the secret of
enlightenment how could we get it
and of course there is no secret there
is no technique
and the old man attempted to explain
this to them but they still wanted a
technique
so buddha i imagine with a twinkle in
his eye said all right i'll give you a
technique
do this
when you are breathing in
be aware that you are breathing in
and when you are breathing
out
be aware
that you are breathing out
period
isn't that extraordinary
it doesn't seem very spiritual
you know what he had in mind
he wanted them to come into the present

because he knew

enlightened man that he was

that god is not tomorrow

god is now

life is not tomorrow life is now love is

not tomorrow love is now enlightenment

is now if you would come into the

present

it might happen you can't produce it but

it might happen

that's pretty similar

to that

exercise i gave you

when i

spoke to you about peace remember

i said do one thing at a time

and internally verbalize what you're

doing

now that's a very good exercise too for

coming into the present

for coming into the now

for coming alive

good

so that's the second thing that you need

in order to be alive

to be

you to be now i said and here comes the

third thing

to be here

what does that mean

that means

to come out of your head

and come to your senses quite literally

to get out of abstractions

and come into experience

now that might seem rather difficult to

understand let me explain it by means of

a simple story there's the story of an

american soldier in the korean war some

years ago

he was homesick as thanksgiving day was

approaching

and a korean couple that had spent many

years in the states invited him over for

thanksgiving dinner

when the man got there

to his great surprise and joy he finds

that they have prepared turkey and

cranberry sauce and that happened to be

his favorite dish

so he gave himself a generous helping of

the turkey

and right at the beginning of the meal

he gets into an argument with his host

and by the time the argument ended
the meal ended too
and the poor soldier realizes
at the end of the meal
that he he hasn't enjoyed the meal he
hadn't even tasted the turkey
that is what i mean
by
coming to the here now you know
arguments are fine
ideas are fine
but ideas
are not life
they're excellent to guide us in life
but they are not life
abstractions
are not life life is found in
experience it's like the menu
you're reading the menu that's wonderful
you could guide yourself by that menu
but the menu is not the food you know
and if you spend all your time with the
menu you will never get to eat the food
and sometimes it's even worse there are
people not literally of course there are
people who are eating the menu they're
living on ideas

they missed out on life
well what can you do then
to overcome this
or there is something else i want to
tell you here connected with this that
will help you to understand it better
there is this contemporary indian mystic
krishnamurti
who says the following
powerful and deep sentence he says
the day we teach a child the name of a
bird
the child ceases
to see that bird again
you know the child watches this fluffy
alive thing so full of mystery and
wonder
and we teach the child sparrow sparrow
so now the child has an idea
sparrow
so later every time it sees the sparrow
it says well we know sparrow it's like
me i've got an idea american in my head
let us suppose and then every time i see
a person who is an american by
nationality i say oh well american
and i miss the uniqueness of this

individual when was it last

that you experience

the wonder of a child

when

he looks or she looks at this mysterious

vibrant vibrating

vibrant thing that we call a sparrow

you see that word that idea comes in the

way

the word the idea sparrow

can be an obstacle to your seeing the

sparrow

that word that idea american can be an

obstacle to my really seeing this

american here in front of me

just as i told you in that very first

program that the word and the idea god

can be an obstacle to my seeing god

well

how would we remedy this

you can do it right now even as i'm

talking to you

listen

to the sound of my voice and any other

sounds that you may pick up in the

surroundings can you hear any others

big sounds

small sounds

together with the sound of my voice

know what happens when you do this

you are coming to your senses and that

is where the experience is there's no

abstraction there no idea there

and later

get to the senses

precisely in this way look at what you

are looking

hear what you are hearing touch what you

are touching there's this famous guru

who gets enlightenment so the story says

and his disciples say to him

master

what did you get as a result of

enlightenment what did enlightenment

give you

and the man says well i'll tell you what

it gave me

when i eat

i eat

when i look i look

when i hear i hear that's what it gave

me

but his bewildered disciples said but

but everybody does that

and the master laughed and he said well
if everybody does that
then everybody is enlightened
because the fact of the matter is that
hardly anybody does that hardly anybody
is here and alive
good i will be talking to you in the
next program
about freedom
which is intimately linked with life
it's really another aspect of life
but before i end this one i want to
summarize
what i've said to you
i said to be alive means to be you
to be alive means to be here and to be
alive means to be now
and i gave you two exercises which i
consider to be
among the greatest
of spiritual
exercises even though they don't seem to
be spiritual
and which were those
a
observe yourself
in the measure that you observe yourself

non-judgmentally like a neutral observer

in the measure that you do this

you will get rid of your mechanicalness

and your puppet existence

and you will be a dis you will be able

to be a disciple of jesus christ

you can't be a disciple of jesus christ

if you are a puppet

if you are only one tenth alive

you are only one-tenth able to be his

disciple you get the point

that's why it's a great spiritual

exercise and the second great spiritual

exercise experience

reality

come to your senses

that will bring you into the now

that will bring you into experience

and it is in the now

that god is to be found

well

let me end

by

bringing up

an objection which some of you there are

likely to have to these two exercises

you will say

is this prayer really
because prayer is talking to god isn't
it
that's right prayer is talking to god
but you know
you may not be talking
but you may be saying a great deal to
god
think of a mother who is ill
and her daughter
cleans up the house
fixes the meals
helps with the gardening
she's not talking to her mother
but how much she is saying to her
these exercises that i've proposed are
not easy
they can be painful when you watch
yourself and discover how mechanical
they are you are
it isn't easy to find the time for all
of this but you are doing this so that
you will come alive
how much you are saying to god
because god is found in life isn't he
the great german theologian bonhoeffer
put it powerfully when he said

jesus christ

calls us

not to a new religion

but to life

well

get into life

and you will be answering the call

of jesus christ

[Music]

in the last program

i talked to you about life

today i'd like to talk to you about

freedom

now the freedom i'm talking about has

nothing to do with

totalitarian regimes or prisons

the freedom i'm talking about is

something else

there is this japanese

general that i read about once

who was arrested by his enemies and

thrown into prison

and the man knew that the next day he

was going to be tortured

so he couldn't sleep he kept tossing

about in bed in his prison cell

and then suddenly

he came to a realization

he said

when am i going to be tortured

tomorrow

but tomorrow isn't real

that's what his zen master had taught

him

and the moment he realized this he

calmed down

and fell asleep

on the realization that the only real

thing is now

so after sleep he went

he was in prison

but he was a free man

the enemies to freedom

are not outside of us

the enemies are here

the chains that bind us are here

and in this program i want to talk to

you about those chains we're going to

take them one at a time because there

are quite a few

the first chain that binds us

and prevents us from being free

are the bad experiences of the past

that's easy enough to understand

you have

someone

who lost his mother when he was eight

years old

and he is so damaged and crippled by

that experience that he won't come close

to anyone anymore now

you have a woman

who was sexually assaulted maybe when

she was a child

and now she's afraid of all men

you have a man who was unjustly accused

and thrown out of his job

and his whole life is poisoned by

bitterness

see bad experiences from the past

a woman who sees all the tremendous

opportunities that are open to her

children and she regrets the fact that

she was poor when she was a child and

that she never had those opportunities

and she's full of complaints

or i remember a friend of mine who was

so guilty that he arrived late at the

deathbed of his father

somehow he couldn't forgive himself for

that even though he wasn't to blame

and every now and then the memory of
that would come back and he would get
all immobilized

so the first thing that chains us
and prevents us from being free and
alive

are the bad experiences of the past
how would we break those chains how
would we become free
again

here is a simple exercise that i would
like to offer you to get that
what you're going to need for it
is faith

and gratitude
try this

if you realize
that you are being influenced by one of
these bad experiences of the past
then in a moment of peace and quiet
because you're going to need some time
for this don't do it when you're in a
hurry now

in some time of peace and quiet
go back to that experience
don't get immersed in it now
stay away

some distance from it so to speak
and speak to the lord you could even
imagine that the lord is there next to
you
and you say to him lord
this is difficult but i really believe i
trust
that if you allowed this to happen
it was for my good i may not be able to
see the good
but i trust that it is there
now do it gently
don't be violent don't force yourself
don't push
if you find you're revolting too much
all right let it be and go at it another
day
that's important
in fact what's likely to happen is
as you begin to do this you might feel
anger welling up within your heart
well get angry it's all right that's a
good prayer and the lord appreciates
that he appreciates honesty
and then leave it for another day
see this is something that's likely to
take time because freedom isn't quickly

achieved

well

when you can find it in your heart to

really say this to the lord that you

believe that it is for your good

then you move on to the next step

thank him for it

and when you can really thank him for it

and thank him for the good that he is

going to draw out of it

you will be released the chain will be

broken

one chain less to tie you down

another type of chain

that ties us down

inside

the good experiences of the past

now you will be a bit astonished to hear

that

because

good experiences are wonderful in fact

it's even good occasionally to go back

and relive them and be nourished by them

again

but there is a danger there you know

what the danger is

that you might catch that disease called

nostalgia

if you are suffering from nostalgia

you know what has happened to you

you've stopped living

because you've abandoned the present

and there is something else that you're

likely to do you're likely to even

destroy the present

let me explain that

let's suppose you had a lovely

experience with a friend

you were sitting down with him

watching the sunset

and that was a marvelous experience

the next time you are with your friend

you go out to dinner let's say or you go

for a stroll and talk

now you know what you are likely to do

you're likely to take that beautiful

experience of the past

that experience of the sunset

and put it in a silver casket and carry

it around with you so while you are

strolling with your friend you sort of

secretly open your silver casket and you

take a look at it and you say oh this

one is not as good as the past

experience you see what you've done

thanks to that experience of the past

you destroyed the present

you're going to be less alive

and less free

that beautiful experience of the past

chains you down

how would you get rid of this

here is what i suggest you do now i'm

warning you

this might be somewhat painful

prayer can be painful you know

to give birth to new life can be painful

so what do you do

think of some of the people you loved in

the past

and who are no more with you either

because they are separated

or because they have died

and you talk to each one of these people

you say something like this

how

lucky i was that you came into my life

how grateful i am to you

i will love you always

and now

goodbye

i must go

because if i cling to you i will not

learn to love the present

and i will not learn to love the people

i am with right now so goodbye

you can see how painful that can be

and then you move on to some of those

lovely experiences that you had in the

past

and you personalize them and you think

of each one of them and you say how

wonderful it was that i had you

i'm so grateful

and now

goodbye

that may be somewhat more painful you

know

and here comes one which some of you

might find even more painful

you think of some of the possessions of

the past things that you treasured like

your youth your strength your good looks

maybe

and you personalize them now this may

sound a little childish to some of you

but don't be afraid to be like a little

child

you may find the kingdom
so you personalize this thing and you
talk to it you have a dialogue with it
and you say
how wonderful it was to have you
how grateful i am that i had you in my
life
and now goodbye i must
you know lots of aging people
never really live
and never taste
all the sweetness and depth and richness
that old age brings
because they haven't let go
of you
and strength and vitality
as the poet says so beautifully
the best is yet to be
the last of life
for which the first was made
the best is yet to be
many people miss out on the best period
of life
their old age
because they are too centered on the
past they are enchained by the good
experiences of the past

so that is two chains that we have dealt
with
that prevent us from being free
you know a bird that is crippled and
damaged
cannot fly but a bird that clings
to the branch of a tree cannot fly
either so stop clinging to the past
the hindus in my country in india have a
very lovely saying a very lovely
religious saying they say
water remains pure
by flowing
the holy person remains pure
by going
i put it this way water remains
sparkling and fresh and alive and free
by flowing
you will remain that way by going
i love you i am grateful to you
goodbye
and now comes the third chain
and the third chain is anxieties and
fears
for the future
remember that japanese general i spoke
to you about

jesus is saying the same thing in more
poetic language language when he says
look at the birds of the air look at the
lilies of the field they are not anxious
so don't be anxious says jesus
now easily said
but how hard to attain in reality in
fact it's so wonderful to think that
jesus himself broke down before he died
temporarily he was depressed he was
anxious
and if we want to break that chain of
anxiety for the future
we must do what jesus himself did
what i recommend is
take that fear that you have
and talk to it once again as if it were
a person
lovingly now no violence
because
that fear is there mistakenly to protect
you
so you talk to the fear
and say well i understand why you are
here
but it's all right i'm going to trust
the lord

and you turn to the lord
and tell him that
and
if you can find it in your heart to do
this thank him in advance for the
outcome that will be a great help
thank the lord for whatever is going to
happen
the next inner chain
that
keeps us slaves
also has to do with the future
ambitions
now to have ambition can be a wonderful
thing
but to be enslaved by ambition that's
awful
people who are just driven by ambition
they don't even live
now there's no need to explain that
we all know people like this
what do you do if you happen to be the
victim of this kind of ambition
well something similar
stand in the presence of the lord
make an act of faith
that the future is in his hands and you

say something like this to him you say

lord

i trust that you are in control of the

future

i'm going to do everything in my power

to make my dreams come true

but i leave the result in your hands and

then you imagine that you let go

and you thank him ahead of time for the

outcome

that will bring you a measure of peace

and freedom

the next chain you see we are going

pretty rapidly one after the other

clinging

to present things

the human heart

is a great clinger and i don't have to

tell you that because every human being

experiences that

we become possessive of persons of

things

we don't want to be separated from them

we become dependent on them we lose our

freedom

and frequently when there are persons

involved we don't leave them free either

here is an exercise

that i suggest

to liberate our hearts from this kind of

clinging

you take a person that you are

deeply attached to but so attached that

you are dependent and possessive and you

don't want to let go

again talk to that person in imagination

imagine the person is sitting there

right there in front of you and you talk

to the person talk lovingly

tell the person

what he or she means to you

and then add the following

formula which in the beginning you might

find painful and as i told you before

don't force yourself

if it is too painful let it go

come to it another time when you may be

more ready and the formula is this

you say

how precious you are to me

how dear and how lovely

but you are not

my life

i have a life to live

a destiny to fulfill

that is separate from you

painful words

but so charged with grace

and with life

and then you take things you take places

you take occupations

things that are precious to you and you

find very hard to let go so that they

enslave you

and you say something similar to each

one of them

how precious you are

but you are not my life i have a life to

live

a destiny to meet

that is separate from you

and then say it

to the things that are most intimate to

you things that are almost part of your

being

your reputation

your health

say it

to life itself which one day will be

swallowed up in death say

how precious you are

how lovely

but you are not my life i have a life to

live and a destiny to meet that is

separate from you

hopefully as a result of courageously

saying this formula

you will attain to spiritual freedom

there is yet another chain

that i have to speak of but i am not

going to name it right now

i will talk about it later

what i'm going to do now is give you an

exercise

and then we will talk about this chain

remember we spoke about

bad experiences of the past

good experiences of the past

future fears

future ambitions

present clinging

and now here comes what i consider to be

the most powerful chain of all the most

difficult to break

try this exercise

you may not be able to do it right now

you may need a little more time

and peace in which to do it

but you are sitting there

listening to me

now

think what existed on this spot

where i am sitting

a hundred years ago

use your imagination go on

what existed on this spot a hundred

years ago

then

take

a bigger leap and think or imagine

what existed on this spot

three thousand years ago

now that is a thousand years before the

birth of jesus christ three thousand

years ago

and yet it is relatively recent history

you know because scientists tell us

that life has existed on this planet

anywhere from three to fifteen million

years imagine that if you can alright so

three thousand years ago what existed on

this spot

and three thousand years hence

what will exist on this spot on which i

am sitting right now

will there be a desert here

will there be a jungle

will there be another civilization

of one thing you can be quite sure if

there are people there they won't be

talking your language they won't have

your customs they will belong to another

culture no language has survived as a

living language for three thousand years

so try to imagine that

and then it is as if you come to earth

three thousand years hence

and

you are searching for this place and

you're looking

for any remains of your existence

do that

and you know what will happen to you

you will experience

a sense of vastness

a kind of a freeing sense

you know what you are being freed from

from delusion

the delusion

of thinking

that you matter

because you know

except in the eyes of god

you

and i

do not really

matter we're not as important as we

think

think of one of those birds that jesus

speaks of

think of one of those lilies those

flowers of the field that he speaks of

think of a grain of sand

think of a drop of water a raindrop

think of yourself

that is what you are

how insignificant

if you are able to do this exercise

successfully

you will be liberated

from the strongest tyranny of them all

which is the tyranny

of the self

you will experience liberation

relief

and freedom

because there is no one who is so free

and so alive

as the person who has accepted

his or her

death

and his or her

insignificance

the exercise will give you perspective

and vastness but as i said you'll need

time

you need 15 or 20 minutes to really get

into it

try it out when you have the time

well

i was about to summarize this program

for you but before i do that i want to

give you one last exercise which i call

the mysterious exercise

and you will soon see why it is

mysterious

simply because you won't see the

connection

in the beginning between this exercise

that i'm going to give you

and

freedom what is this mysterious exercise

it consists in the following

get in touch

with the sensations that you experience

in your body the way i told you to

when i talked about peace remember

all right so get in touch

with those sensations in your body

and after you've done this for a while

be aware

of the one who is observing those

sensations

and say

in in inner league i internally say

i am not

those sensations

i am not this body

then be aware of your thinking those

thoughts that keep going around in your

mind

and after a while turn your attention to

the one who is observing the thoughts

and say

i am not these thoughts

or i am not my thoughts

and then become aware of your feelings

or recall some feelings that you have

had in the past especially in the recent

past anxiety depression guilt whatever

and after a while

turn your attention to the one who is

observing those feelings or the one who

is recalling the feelings

and you say

i am not these feelings

i am not

my

feelings

you say you are anxious

but that is because you have identified

with your anxiety i am not the anxiety

you say you are depressed don't identify

with the depression i am not

the depression

i call this a mysterious exercise

it is one of the great spiritual

exercises that is given in the east

mysterious

because you don't notice the result

immediately

but it has its effect unfailingly

and it breaks that deepest of all the

chains

that i called a little while ago the

chain of delusion

the tyranny of the self

to summarize then

i have given you

quite a few exercises in this program

in the next one i will be talking about
love which again is related to life and
related to freedom

what i would suggest at the end of this
program is that you stay there
as i have exhorted you to do in all of
these programs

be silent for a few minutes stay in your
chairs and practice any of the exercise
that i suggested and that appealed to
you

i've given you two
exercises that i would call
long-term exercises

the one on perspective remember
like

three thousand years ago
three thousand years hence
that one

and the second long-term exercise
this mysterious one i am not my feelings
i am not my thoughts etc
and then i have given you a number of
other exercises to deal with your
slavery

with those chains on a short-term basis
so to speak

well

before i end

let me tell you

one last story

it is the story again

of a free person it's a story of a girl

in a fishing village

who became an unwed mother

and her parents

beat her till the girl confessed who the

father was she said it was the master

the zen master living in that temple

outside the village

the parents were indignant and so were

all the villagers and they trooped to

the temple after that baby was born they

took the baby with them and placed the

baby at there before the zen master and

they said you hypocrite this child is

yours you look after it

and all that the master said was

very well very well

and he picked up the baby

and he gave it to one of the women in

the village to look after at his expense

well after this

the master had lost his reputation his

disciples abandoned him

no one went to consult him

and this went on for some months

when the girl saw this she could take it

no longer and so she finally blurted out

the truth

the father of that child was really not

the master

it was a boy living next door

well when the parents heard that

they and the rest of the villagers

rushed to the temple they prostrated

themselves in front of the master they

begged his pardon and they asked to have

the baby back

and the master

gave them the baby back

and all he said was oh very well very

well

there is a free person

a person who is capable of suffering

but has attained

that perspective that i was talking to

you about

my wish for you and for me

is

that as a result of our poor efforts

god will give us

this gift too

[Music]

in the course of the series

on

a way to god for today

i have talked to you

about peace

and joy

and silence and life and freedom

i have kept

the most rewarding

and possibly the most difficult

topic

for the end

today i want to talk to you

about love

i said it is possibly the most difficult

topic

because

love is something that is so vast

it's almost like god himself in its

vastness and its mystery

we human beings sort of get a glimpse

into love now and then we understand it

dimly but i don't think anyone

really comprehends this mysterious thing

that we call love

what i am going to do in the program now

is

dwelling on just two aspects

of love

and i call them

the aspect of love

as creation

and love as identification

let me talk about

love as

creation

and i'll illustrate what i mean by that

by means of a lovely american indian

tale

one of my favorites

there is this indian warrior

who finds

the egg of an eagle

on a mountain top

and then he places that egg

with the other eggs that were being

hatched by a hen

and in due course the little chickens

came out they were hatched and the

little eaglet was hatched too

and the little eaglet grew up surrounded

by these chickens and after a while he
learned to clock like the chickens he
learned to scratch and claw at the earth
and peck for worms and he would flap his
wings and just managed to get onto one
of those low-lying branches
just like the other chickens
in all his life he lived with the
consciousness that he was a chicken
now one day when this eagle had grown
old
he happened to look up into the sky
and he saw a magnificent sight
there in the clear blue sky
was a majestic bird
gliding
where the strong currents of winds blew
without the slightest discernible effort
the old eagle was impressed
and he turned to the chicken next to him
and said who's that
and the chicken looked up and said
oh that
that's the golden eagle the king of the
birds
but don't give it another thought you
and i are not like that

and so the old eagle never gave it
another thought
and he died
with the consciousness
that he was a chicken
because that is the way everybody had
treated him
and that is the way he grew up
you know what love as creation means
it means
to
look at that eagle
and give him the consciousness of who he
truly is
so that he would spread his wings
and become
a golden eagle
and in doing that you create the eagle
in him
there is a famous american
psychologist who together with a team
some years ago
conducted a very interesting experiment
in a high school here in the united
states
you know what he did he gave all the
children in a high school an iq test

now this was just before promotion
before the kids went on to the next
class
now
those iq tests
were
given to the teachers but not quite
these
psychologists
picked
10 or 12 names and they said to every
one of the teachers
these 10 children will be coming into
your class you know from the tests it is
clear that they are what is technically
known as spurters
so you can expect them to spurt ahead in
the course of the next academic year
only you must promise
never to say this to the children
because it might do them damage and the
children and the teachers promise they
would not say this to the children the
fact is that there was no such technical
word as spurter and that the
experimenters had just taken any 10 or
12 names at random and given them to the

teeth to the teachers

well after a year they came back to the
school

and they tested all the children again

and what do you think had happened

every one of those spurters

had increased his or her iq

by a minimum of 12 points

some had increased it by as much as 36
points

the experimenters interviewed the

teachers they said you know what did you
think of these kids

and the teachers interestingly enough

were using adjectives like curious

affectionate lively interested etc for

these kids

what would have happened to those kids

if the teachers had not felt

rightly or wrongly that they had budding

geniuses in their classrooms

were those qualities really in the kids

they evidently were

but you know those teachers drew them
out

later this psychologist tried the same

experiment in other schools they even

tried it with animals and always with

success

you know they would tell some psychology

students who would be experimenting with

rats they'd say we're going to give you

a new breed of rats that will perform

better

and what do you know those rats were

performing better though they were the

same breed

and they found out

that it was because the students were

treating them with more respect to

something they were expecting this from

the rats and the rats were living up to

their expectations it was somehow

communicated even to the animals

you know when i first heard of that

experiment

i thought

of a great great american

whom some of you may still remember

father flanagan who founded boys town

the man became a legend even in my

country many years ago

he founded this place to help homeless

boys in the beginning but then later on

he would help delinquent boys
and when the police would fail and
everybody else would fail and they
wouldn't know what to do with children
flanagan would take them in
and the legend said that he never failed
with these kids

i remember one interesting story that
impressed me immensely

there was this eight-year-old boy who
had murdered both his parents

can you think

what must have happened to that kid that

he would have become violent at that

young age and he had been arrested again

and again in armed bank robberies

the police did not know what to do with

him because he was a minor they couldn't

take him to court they couldn't send him

to jail they couldn't even send him to

reformatory school because he had to be

at least 12 years old for that

so in sheer desperation they called

flanagan they said would you take this

kid and flanagan said sure send them

along

now the boy many years later wrote his

story he said i remember the day i was
traveling to boyce town in that train
with a policeman and i was thinking
they're sending me to a priest
if that man tells me that he loves me
i'll kill him
and you know the boy was a killer
well what happened
he went to boyce town and the scene went
something like this there was a knock at
the door
and flanagan said come in
and the boy walked in and flanagan says
well whom do we have here
dave sir
oh oh yes yes of course dave welcome to
boys town we were expecting you now that
you're here you will want to uh look
around and you know everybody here works
for his living henry here will show you
around and then maybe you could choose
an occupation but take your time look
around the place
that was all i'll see you great that was
all nothing more
and the boy said
that those few seconds

changed his life you know why
because he said for the first time in my
life
i looked into the eyes of a man
who without using the words
was saying
not i love you
he was saying
you're good
you're not bad
you're good
and you know the boy became good
because
as psychologists tell us we tend to
become
what we feel
we are
can you think of anything more spiritual
and more divine than that
that we see goodness in someone
and we communicate that to the person
and as a result the person is
transformed
the person is
created
and that is the reason why it is said
that the lover creates his beloved

he sees beauty there

and in the seeing he draws it out

well

people frequently asked flanagan what

the secret of his success was

and flanagan would always brush it aside

but he had a motto and the motto was

there is no such thing

as a bad boy

see flanagan saw goodness there

and he drew that goodness out he created

it

and that

is what i want to propose to you

as love

one aspect of love but a very beautiful

and a very deep aspect

of this thing that we call

love

well

would you like

to get something of this charism that

flanagan had

i'm pretty sure there's not one of you

who is listening to me

who wouldn't want to share it because we

all want to love don't we

if you want to develop
that kind of charism
then you have to go to a school of love
and you will have to do
some
not difficult but not too easy exercises
spiritual exercises which i am going to
propose to you right now try them out
later when you have the time or at the
end of this program
try them out
what are these exercises
they're somewhat graded you don't really
have to follow the grading but it would
help if you did begin in the following
fashion think of somebody whom you love
you love deeply let's see
imagine that that person is sitting
there in front of you
and talk to that person talk lovingly
tell that person what he or she
means to you
what it has meant to you and to your
life that this person came into your
life and as you do this
be in touch with what you're feeling
then when you're all warm and aglow from

this exercise

move on to the next one the next step

think of somebody whom you don't like

you don't particularly like

and you're standing there in front of

this person

and as you are looking at that person

try

to see

something good in the person to make

allowances

to understand

and even to see goodness and good

qualities there

if you find it hard to do this then

imagine that jesus is standing there

beside you and he is looking at that

person

then he would become your teacher in the

art of love

in the art of looking

what does he see there

what goodness what beauty can he detect

in that person

incidentally if jesus were to come to

earth again

what do you think is the first thing

that he would notice
in humanity
what do you think
you know what my guess is
i think the first thing that he would
notice would be the immense amount of
goodness
of trust
of sincerity
of sheer lovingness to invent a word
that invades the whole of humanity there
are oceans of this among human beings
and he would notice it immediately
because
the good person
notices goodness everywhere
and the person who is evil notices evil
because we tend to see in others don't
we a reflection
of ourselves
so you have jesus here looking at this
person what does he see in him or her
and then if you can get yourself an
imagination to say this to that person
you're already taking a step forward
to
seeing

and creating by seeing

having done that

you come to the third exercise

and some of you will probably find this

one the most difficult of all but don't

shirk it

if you really want to become loving you

have to go through with it

and what does it consist of

you imagine that you have jesus right

there in front of you

and he talks to you

and he tells you

all the goodness

and the beauty

and the lovely qualities that he sees in

you

now if you are anything

like what i am and like what most human

beings are

you will probably shrink from that

you will immediately begin to accuse

yourself of oh of all kinds of defects

and sins

and jesus will accept that because you

know jesus was no starry eyed

romanticist

when he saw evil he called it by its
name and he condemned it
but he would never condemn the sinner
though he condemned the sin
think how he would look at a prostitute
you find it in the pages of the of the
gospels
how he would look at a thief
at a hardened publican
even at the pharisees and the people who
were crucifying him
well
here he is then standing in front of you
and you accuse yourself of all of these
sins
and he accepts them
and he admits that you do have all of
those defects
but he understands
he makes allowances
and you notice an extraordinary thing
those defects
don't come in the way of his seeing
goodness and beauty in you that's not
difficult to understand think of
yourself think of someone whom you love
if you really look at that person he or

she has defects

isn't it

and yet those defects don't come in the
way of your really loving the person and

seeing goodness

in that person

so imagine that jesus is doing this

and see what effect that has on you

that is vitally important if you are

going to be able to do the same for

others that you accept this from him

and from those who love you

when jesus first met simon peter the

gospels tell us

simon

the fearful the impulsive

he saw in that man

something

that no one would have suspected was

there

and he nicknamed him

the rock

and that is what peter became

well

here is a variation of that exercise

imagine that jesus is standing right

there in front of you what name

or what names does he invent for you

before i move on

to the next point the other next aspect
of love

i want to recount here a lovely fairy

tale that you have in the west

you know these fairy tales they contain
a great deal of wisdom

the tale of the princess and the frog

there is this charming princess who goes

for a walk in the woods one day and

meets with this frog and the frog greets

her very courteously and the princess is

amazed that the frog would speak human

language but then the frog says your

royal highness i'm not a frog really i'm

a prince

but a wicked fairy cast a spell on me

and turned me into a frog

and the princess being a soft-hearted
person

felt very bad about that she said isn't

there something that can be done to

break the spell oh yes said the frog

the fairy said that if i would find a

princess who would love me and keep me

with her three days and three nights

the spell would be broken and i would
become a prince again
well the princess already saw the prince
there in that frog so she took the frog
back home with her to the palace and
everyone said what's this lonesome
creature you have brought her brought
with you but she said oh no it isn't a
lotsam creature it's a prince
and being a strong-willed girl she kept
the frog with her day and night there at
the table sitting on her pillow while
she slept
and after three days and three nights
she wakes up to find this handsome young
prince who kisses her hand in gratitude
for having broken the spell
and turned him into a prince
you know that fairy tale
is the story
of all of us
somehow
we have been turned into frogs
and we go through life looking for
someone who will break the spell
and create us
is your jesus like that

is he as good as flanagan

is your god like that you remember i

told you in that first program that god

is unknown

but when we make an image out of him is

he at least as good as the best of us

when you walk in does your god say

angels trumpets here comes the prince

here comes the princess

is that the way he treats you

even while he sees all of your defects

you may want to ponder on this

because you know we tend to become

like the god

whom we adore

let's get on to the next

aspect of love love as identification

in my country in india the mystics and

the poets have asked this question again

and again who is the holy person

and they come up with some beautiful

answers they say the holy person is like

a rose

is it possible for a rose to say i will

give my fragrance only to good people

who smell me and i will withhold my

fragrance from evil people not possible

that's not in the nature of the rose
and the holy person is like a lamp lit
in a dark room
can a lamp say i will give my light only
to the good people in this room and
withhold my life from the bad people and
the holy person is like a tree
that gives its shade to good people and
bad people alike
and the poet tulsida says
the tree will give it shade even to the
man who is chopping it down
and if it is a sweet smelling tree
it will leave its scent on the axe
now isn't that exactly like what jesus
tells us when he tells us that we must
be all compassionate as our heavenly
father is who makes his rain to fall on
good and bad alike
and who makes his son to shine on saints
and sinners alike
how
would we ever get
to this kind of love
by
realization
by a mystical realization or experience

what does that mean

you remember how when i was talking
about silence in that very first program
i told you

that god is something like a dancer and
the whole of creation is a dance and
that the dancer and the dance are not
two

they're not one but they're not two
well

if you ever got the experience
that

you and the people around you are not
two

not one

but not two you know something like we
christians say god is three persons and
one god

so we are

millions of persons and one christ

you know the way saint paul puts it

don't you know we are all one body

members of one another

that image of the body

like my body and i we're really not too

we're not the same thing i am not my

body but we're not too

and how much i love my body
even though that love which i feel for
my body isn't a feeling at all
but whether a member of my body a limb
of my body is deceased or healthy
i love it
just as much
so here it is this realization
that some lucky people are given
that they are different from others but
not separate they're one body
you know we have an interesting tale in
india of seven crazy men who go to a
neighboring village uh for a kind of a
big banquet and they come home late at
night drunk
and crazy as they were before
so it begins to rain
and they all take shelter under a tree
and the next morning they wake up and
there is load lamentation and a passerby
stops there and says
what's going on
and they say well we huddle under this
tree
and our limbs got all mixed up our legs
and our hands so we don't know whose

legs and whose hands belong to whom

so the passerby said well that's easy

give me a pin

then he pricked one leg and the owner

said ouch and the man says that's your

leg

and so he went on pricking different

hands and legs and separating them you

know

when someone

is hurt

or someone is badly treated and i say

ouch

something has happened

love as identification

as not to

can we do anything to get this grace no

no it is a gift

what all that we can do is prepare

ourselves

how

you're going to find this hard to

believe now

but you remember how i told you in that

very first program that if we would sit

and look

or we would sit and get in touch with

ourselves

when i spoke about peace

we would come to a silence

and things would be revealed to us well

all you can do is prepare the ground and

if you have been practicing this

exercise which i have really been

recommending in almost every one of

these programs

of sitting

of looking

of getting into the present

you are

preparing yourself beautifully

for this grace

someday hopefully it may be given to you

so let me summarize what i have said

then in this

ex in this program

i gave you

a somewhat lengthy series of exercises

to practice

which will give you let's put it this

way short-term results fairly quick

results because you will notice the

difference

and then i have given you this other

exercise

hopefully that would bring you love as

identification

that would be a somewhat long-term

result that god may give to you

in the first series of exercises

you will become loving

with this other exercise

you may become

loved

christianity

tells us

that god is unknown

he is

the

mystery

and christianity also makes an

outstanding statement which we find in

the bible that god is

love

think of god

the unknown

not just as a noun

could we think of him also as a verb so

that we could say when you are loving

you are guarding

could we think of god not just as a

person

but as an activity

so that when you are loving

you are guarding

you are charged

with divinity

and with god

and with grace

well

this series of programs has been called

a way to god for today

can you think

in this world that is torn by conflicts

suspensions

hatreds wars can you think

of a better way to god for today

than this one

[Music]

[Music]

[Music]

you

of what use is it to you

to gain the whole world

if you suffer the loss of your soul

recall the kind of feeling you have when

someone praises you

when you are approved

accepted

applauded

and contrast that with the kind of

feeling that arises within you

when you look at the sunset

or the sunrise

or nature in general

or when you read a book

or watch a movie that you thoroughly

enjoy

get the taste of this feeling and

contrast it with the first

namely the one that was generated within

you when you were praised

understand that the first type of

feeling comes from self-glorification

self-promotion

it is a worldly feeling

the second

comes

from self-fulfillment

a soul feeling

here is another contrast

recall the kind of feeling you have when

you succeed

when you have made it

when you get to the top

when you win a bet or a game or an
argument

and contrast it with the kind of feeling
you get

when you really enjoy the job you are
doing

when you are absorbed in the action that
you are currently engaged in

and once again

notice the qualitative difference

between the worldly feeling

and the soul feeling

yet another contrast

remember what you felt like when you had
power

you were the boss

people looked up to you took orders from
you

or when you were popular

and contrast that worldly feeling

with the feeling of

intimacy companionship

the times you thoroughly enjoyed in the
company of a friend

or with a group in which there was fun
and laughter

having done this

attempt to understand the true nature of

worldly feelings namely

the feelings of self-proportion

self-glorification

they are not natural

they were invented by your society

and your culture

to make you productive

and to make you controllable

these feelings do not produce the

nourishment and happiness

that is produced when one contemplates

nature

or enjoys the company of one's friends

or one's work

they were meant to produce thrills

excitement

and emptiness

having reflected on this

observe yourself in the course of a day

or of a week

and think how many actions of yours are

performed

how many activities engaged in

that are uncontaminated by the desire

for these thrills these excitements

that only produce emptiness

the desire for attention

approval fame

popularity

success

or power

and take a look

at the people around you

is there a single one of them

who has not become addicted to these

worldly feelings

a single one who is not controlled by

them

hungering for them spending every minute

of his or her waking life consciously or

unconsciously seeking them

when you see this

you will understand

how people attempt to gain the world

and in the process lose their souls

for they live empty soulless lives

and here is a parable of life for you to

ponder on

a tourist bus

is passing through gorgeously beautiful

country

lakes and mountains and green fields and

rivers

but the shades of the bus are down
and the tourists do not have the
slightest idea
of what lies beyond the windows
of the bus
and all the time of their journey is
spent in squabbling over who will have
the seat of honor in the bus
who will be applauded
who will be well considered
and so they remain till journeys end
none of you can be a disciple of mine
without taking leave of all his
possession
if anyone comes to me and does not hate
his father and mother wife and children
brothers and sisters even his own life
he cannot be my disciple
take a look at the world
and see the unhappiness around you and
in you
do you know what causes it
you will probably say loneliness or
oppression or war or hatred or atheism
and you will be wrong
there is only one cause of unhappiness
the false beliefs you have in your head

beliefs so commonly held
that it never occurs to you to question
them
because of these false beliefs
you see the world and yourself
in a distorted way
your programming is so strong
and the pressure of society so intense
that you are literally trapped into
perceiving the world
in this distorted kind of way
there is no way out
because you do not even have a suspicion
that your perception is distorted
your thinking is wrong
and your beliefs are false
look around and see if you can find a
single genuinely happy person
free from insecurities
fears
tension
worries
you would be lucky if you found one in a
hundred thousand
this should lead you to suspect
the programming and the beliefs
that you and they hold in common

but you have also been programmed not to

suspect not to doubt

just to trust the assumptions

that have been put into you by your

tradition

your culture

your society

your religion

and if you are not happy you have been

trained to blame yourself not your

programming not your cultural and

inherited ideas and beliefs

what makes it even worse is the fact

that most people are so brainwashed

that they do not even realize how

unhappy they are

like the man in a dream

who has no idea that he is dreaming

what are these false beliefs that block

you from happiness

here are some

first

you cannot be happy

without the things that you are attached

to

and that you consider so precious

charles

there is not a single moment in your

life

when you do not have everything that you

need to be happy

think of that for a minute

prize

is

because you are focusing on what you do

not have

rather than what you have

right now

another belief

happiness is in the future

false again

right here and now

you are happy

and you do not know it

because

your false beliefs and your distorted

perceptions

have got you caught up in fears

anxieties attachments conflicts

guilt

and a host of games that you are

programmed to play

if you would see through

this

you would realize
that you are happy
and do not even know it
yet another belief
happiness will come if you manage to
change the situation you are
in and the people around you
not true
you foolishly squander so much energy
trying to rearrange the world
if changing the world is your vocation
in life go right ahead and change it
but do not harbour the illusion that
this is going to make you happy
what makes you happy or unhappy
is not the world and the people around
you
but the thinking in your head
as well search for an eagle's nest on
the bed of an ocean
as search for happiness in the world
outside of you
so if it is happiness that you see
you can stop wasting your energy trying
to cure your baldness
or build up an attractive body
or change your residence or job or

community or lifestyle

or even your personality

do you realize that you could change

every one of these things

you could have the finest looks and the

most charming personality and the most

pleasant of surroundings

and still be unhappy

and deep down you know that this is true

but still you waste your effort and

energy

trying to get what you know cannot make

you happy

another false belief

if all your desires are fulfilled you

will be happy

not true

in fact

it is these very desires and attachments

that make you tense frustrated nervous

insecure and fearful

do they not

make a list of your attachments

and desires

and to each of them say

deep down in my heart

i know that even after i have got you i

will not get happiness
and ponder on the truth of those words
the fulfillment of desire
can at the most
bring flashes of pleasure
and excitement
don't mistake that for happiness
your own experience should have taught
you
that pleasure soon becomes very simple
and excitement infallibly leads to
border
whereas
one never tire
of the thing called happiness
what then is happiness
few people know
and no one can tell
because happiness cannot be described
can you describe light to people who
have been sitting in darkness all their
lives
can you describe reality to someone in a
dream
understand your darkness
and it will vanish
then you will know what light is

understand your nightmare for what it is

and it will stop

then you will wake up to reality

understand your false beliefs

and they will drop

then you will know the taste

of happiness

if people want happiness so badly why

don't they attempt to understand their

false beliefs

first because it never occurs to them to

see them as false or even as beliefs

they see them as facts

so deeply have they been programmed

second

because they are scared to lose the only

world they know

the world of desires attachments fears

social pressures

tensions ambitions worries guilt

with

the flashes

of the pleasure and relief and

excitement

which these things bring

think of someone who is afraid to let go

of a nightmare

because after all that is the only world

he knows

there you have a picture of yourself

and of other people

if you wish to attain to lasting

happiness

you must be ready to hate

father mother

even your own life

and to take leave of all your

possessions

how

not by renouncing them or giving them up

because what you give up violently

you are forever bound to

but rather by seeing them for the

nightmare they are

and then

whether you keep them or not

they will have lost their grip over you

their power to hurt you

and you will be out of your dream at

last out of your darkness

your fear

your unhappiness

so

spend some time seeing each of the

things you cling to for what it really

is

a nightmare

that causes you excitement and pleasure

on the one hand

but also worry insecurity tension

anxiety fear unhappiness on the other

father and mother

nightmare

wife and children

brothers and sisters

nightmare

all your possessions

nightmare

your life as it is now nightmare

every single thing you cling to

and have convinced yourself that you

cannot be happy without

nightmare

then you will hate father and mother

wife and children brothers and sisters

and even your own life your life as you

live it now

and you will so easily take leave of all

your possessions that is you will stop

clinging

and thus have destroyed their capacity

to hurt you

then at last you will experience that

mysterious state that cannot be

described or uttered

the state of abiding happiness and peace

and you will understand how true it is

that everyone who stops clinging to

brothers or sisters father mother or

children

land or houses

is repaid a hundred times over

and gains the state of timelessness

called

eternal life

if a man wants to sue you for your shirt

let him have your coat as well

and if a man in authority makes you go

one mile

go with him too

take a look at the way

you have been put together

and the kind of existence you are

leading

inside your head

there is a programming

a set of demands

about how things should be

and about how you want things to be

who did the programming

not you

it isn't you

who decided

how you want things to be

the programming was done

by your parents

your society

your culture your religion

your past experiences

they are the ones

that have dictated to you

how the world

of things and people should be

and what your wants

and values and tastes and attitudes and

desires should be

no matter where you go

your computer

your programming

goes along with you

and is active

and operating

at each

conscious moment of the day

imperiously insisting

that its demands be met

by the world

by people

and by you

if the demands are met

the computer allows you

to be peaceful

and happy

if they are not met

the computer generates negative emotions

within you

even when you are not responsible for

instance

when other people don't live up to your

expectations

the computer torments you

it torments you

with frustration

or anger or bitterness

for another example

when things are not in your control

or the future is uncertain

your programming insists

that you must experience

anxiety

worry

then you spend a lot of energy

coping with these negative emotions
and you generally cope
by expending
a lot more energy
trying to rearrange
the world of things and people around
you
so that the demands of your computer
will be met
and you will be granted
a measure of precarious peace
precarious because any moment
something
a trifle
a delayed train
a tape recorder that doesn't work
a letter that doesn't arrive
anything
is going to be out of conformity
with your computer's programming
and the computer will insist
that you become upset again
and so you live
a pathetic existence
constantly at the mercy
of things and people around you
trying desperately to make them conform

to your computer's demands
so that you will enjoy the only peace
you have ever known
a temporary respite
from negative emotions
courtesy of your computer
and your programming
is there a way out
yes
you are not going to be able to change
your programming
all that quickly
or perhaps ever
and you don't even need to
try this
imagine you are in a situation
or with a person
that you find unpleasant
that you would ordinarily
avoid
now observe
how your computer instantly becomes
active
insisting
that you avoid the situation or try to
change it
and if you stay on there

and refuse to avoid it

insisting that you experience

irritation

or anxiety

or guilt

or some other negative emotion

now keep on looking

at this unpleasant

situation

or person

with whom you find yourself

until you realize

that it isn't they

that are causing the negative emotions

they are just going their way

being themselves

doing their thing

right or wrong good or bad

it is your computer

that thanks to your programming

insists on your reacting with negative

emotions

someone else in your place

faced

with the same unpleasant situation or

person or event

would react quite calmly

even happily

don't stop looking till you see this

the only reason why you are not reacting

calmly

and happily

is your computer that stubbornly demands

that

reality be rearranged

to conform to its programming

observe of this

from the outside so to speak

and see what happens to you

once you have achieved this

once you have seen

what is going on

you may take any action you think fit

you may avoid the situation or the

person

or you may try to change the situation

whatever

but only after you have seen this

for then

your action will spring

from peace

and love

not from the neurotic desire

to appease

your computer

to conform to your programming

or to get rid

of your negative emotions

then you will understand

how beautiful are the words

if a man wants to sue you

for your shirt

let him have your coat as well

if a man in authority makes you go one

mile

go with him too

for you will have understood

that true oppression the real oppression

comes

not from people who fight you in court

or from imperial authority

that subjects you to all kinds of slave

labor

but from your computer

from your programming

that's the oppression

from which you need to be liberated

there alone

is true and final liberation

from which all reform

and all revolution

must spring

mod at the

end

put post script

insist on your rights if you wish

that's all

has it ever struck you

that you have been programmed

to be unhappy

that no matter how hard you try to be

happy

you are doomed

to fail

it is as if you fed mathematical

equations

into a computer

and then you expect it

to give you lines from shakespeare

if you wish to be happy

stop trying to be happy

and start understanding

how you have been programmed

this is what happened

first

your society

your culture

taught you to believe

that you would not be happy

without certain persons

and certain things

just take a look around you

everyone has built their lives

on the belief

that without certain things

money

power

success

approval

a good reputation

love

friendship

spirituality

god

they cannot be happy

what is your combination

the next step in your programming

the moment you swallow that belief

the belief that without certain things

or certain people you cannot be happy

you develop an attachment

an attachment

is the conviction

that you can't live

or can't be happy without something

or someone

now stop for a moment

and contemplate in horror

the endless list of attachments

that you are a prisoner to

think of concrete things not

abstractions

having picked up these attachments

that is

this belief

that you cannot manage without these

things

you strive

might and main

at every waking moment

to rearrange

to change

the world of things

and people around you

to fit your attachments

since it is quite impossible

to do this

you are doomed to a life of frustration

anxiety

worry

insecurity

constant suspense and tension

at any moment

the world

that you have so painfully

arranged to suit your attachments

will change

and so

you are doomed to a life

of constant unhappiness

for a few fleeting moments the world

does rearrange itself to suit your

attachments

then you become briefly happy

but analyze that happiness of yours it

isn't happiness

it is a flash of excitement

accompanied

by the underlying fear

that you will lose control of the world

at any moment

and check these things out and see if

they are true

each time you are anxious

and afraid

it is because you may lose

or fail to get

the object of your attachment

is it not

and each time you feel jealous
it is because someone may make off
with what you are attached
to and almost all your anger
comes from someone standing in the way
of your attachment
does it not
and see how paranoid you become
when your attachment is threatened
you cannot think objectively
your whole vision becomes distorted
does it not
and every time you feel bored
is it not
because you are not getting a sufficient
supply
of what you believe will make you happy
of what you are attached to
and when you are depressed and miserable
the cause is clear to everyone
life is not giving you
what you are convinced
you cannot manage without
you cannot be happy without
so there you are
loaded down by your
attachments telling everyone that you

want to be happy

striving desperately to attain happiness

the very notion is laughable isn't it

there is only one thing that you need to

become happy

get the program

get rid of those attachments

but contrary to popular belief

you do not need a surgeon's knife for

this

and the process is not one bit painful

on the contrary

getting rid of attachments is a

delightful occupation

and what is needed

is not effort or violence

but sight

all you need is to see

that you do not really need the object

of your attachment at all

that you were programmed you were

brainwashed

to think

that you cannot be happy

or you cannot live

without this person or thing

remember how heartbroken you were once

when you thought that you could never be

happy again

because you lost someone

or something that was precious to you

but then what happened

after a while

you learned to get on pretty well

didn't you

that should have alerted you to the

trick

your mind is playing on you

an attachment isn't a reality

it is a belief

a thought

a conviction in your head

acquired through programming

if that thought or belief did not exist

in your head

you would not be attached

you would love things

and persons

you would enjoy them

thoroughly

but lacking the belief

you would be without the attachment

and so to end this meditation

pass in review now

all of those

attachments of yours

one by one

inspect each one of them

and say

i am not attached to you at all

i am only fooling myself

into the belief

that without you

i won't be happy

just do this honestly

and see what happens to you

i am not attached to you at all

i am only fooling myself

into the belief

that without you

i won't be happy

foxes have holes

and the birds of the air their nests

but i have nowhere to rest my head

here is a mistake that most people make

in their relationships with others

they try to build

a steady nesting place

in the ever moving stream of life

think of the people

whose love you desire

do you want to be important to these
people
to be special
and make a difference to their lives
do you want them to care for you and be
concerned about you in a special way
if you do
you are foolishly inviting them to
restrict your freedom for their benefit
to control your behavior your growth and
development
so that it will suit their interest
you are even inviting them
to reserve you for themselves
it is as if
these people said to you
if you want to be special to us
then you must meet our conditions
because the moment you cease to live up
to our expectations
you will cease to be special to us
you wanted to be special to someone
didn't you
so you must pay a price
in lost freedom
you must dance to the other person's
tune

just as you demand that other persons
dance to yours
if you if they want to be special to you
pause now to ask yourself if it is worth
paying so much for so little
imagine you say to someone
whose special love you want
leave me free to be myself
to think my thoughts
to indulge my tastes
to follow my inclination
to behave in ways that i decide are to
my liking
the moment you say those words
you will understand that you are asking
for the impossible
to ask to be special to someone
means essentially
to be bound to the task
of making yourself pleasing to that
person
and therefore to lose your freedom
take all the time you need to real to
understand this
maybe now you are ready to say
i would rather have my freedom than your
love

if you could either have company in
prison

or walk the earth in freedom all alone

which would you choose

now say to this person

i leave you free to be yourself

to think your thoughts

to indulge your tastes follow your

inclinations

behave in any way that you decide is to

your liking

the moment you say that you will observe

one of two things

either your heart will resist those

words

and you will be exposed

for the clinger

and the exploiter that you are

so now is the time to examine your false

belief that without this person you

cannot live or cannot be happy

all your heart will pronounce the word

sincerely

and in that very instant all control

manipulation exploitation possessiveness

jealousy

will drop

i leave you free to be yourself

to think your thought

indulge your taste

follow your inclinations

behave in ways that you decide

are to your liking

say those words again

and you will notice something else

the person automatically ceases to be

special and important to you

when you are able to honestly say those

words

and he or she

becomes important in themselves

the way a sunset or a symphony are

lovely in themselves

the way a tree is special in itself

and not for the fruit of the shade

that it can offer you

your beloved will then belong not to you

but to everyone

or to no one

like the sunrise and the tree

test it by saying those words again

i leave you free to be yourself

to think your thoughts indulge your

tastes

follow your inclinations

behave in ways

that you decide

are to your liking

in saying those words

you have set yourself free

you are now ready

to love

for when you cling

what you offer the other is not love

but a

chain

by which both you and your beloved are

bound

love can only exist

in freedom

the true lover seeks the good of his

beloved

which requires especially

the liberation of the beloved

from the lover

the master said go out quickly into the

streets and alleys of the town

and bring me in the poor

the crippled

the blind

and the lame

think of someone whom you dislike
someone you generally avoid
because his or her presence
generates negative feelings in you
imagine yourself to be in this person's
presence now
and watch the negative emotions arise
you are
quite possibly
in the presence of someone
who is poor
crippled
blind
early
now understand that if you invite this
person
this beggar from the streets and alleys
into your house
that is into your presence
he or she will make you a gift
that none of your charming pleasant
friends can make you
rich as they are
he or she is going to reveal
yourself to you
and to reveal human nature to you
a revelation

as precious

as any found in scripture for what will

it profit you to know all the scriptures

if you do not know yourself

the revelation that this beggar is going

to bring

is going to widen your heart

till there is room in it for every

living creature

can

any person

make you a finer gift than that

now take a look at yourself

reacting negatively

and understand the following truth

you are not in charge of this situation

this situation is in charge of you

that is the first revelation

with it

comes another

the way to be in charge of this

situation

is to be in charge of yourself

which you are not

how does one take charge

of oneself

all you have to do

is to understand
that there are people in the world
who if they were in your place
would not be negatively affected by this
person
they would be in charge of the situation
above it
not subject to it as you are
therefore
your negative feelings are caused
not by this person as you mistakenly
think
but by your programming
here is the third
and major revelation
your negative feelings are caused
not by this person
but by your programming
see what happens
when you really understand this
having received these revelations about
yourself
listen to this revelation concerning
human nature
this behavior
this trait in the other person
that causes you to react negatively

do you realize that he or she is not
responsible for it
you can only hold on to your negative
feelings
when you mistakenly believe that he or
she is free
and aware
and therefore responsible
but whoever did evil
in freedom
and awareness
the ability to do evil
or to be
evil
comes
not from freedom
but from sickness
it is not a privilege
but a disease
but it implies
a lack of consciousness
and sensitivity
those who are truly free
cannot sin
as god cannot sin
this poor person here in front of you
is crippled

blind

lame

not responsible and free as you so

foolishly thought

understand this truth

look at it steadfastly and deeply

and you will see your negative emotions

transformed

into understanding

and compassion

suddenly you have room in your heart for

someone

who was formally consigned to the

streets and the alleys

by others and by you

and with this

comes

yet another revelation

namely the understanding

that whereas you thought

that it was this person

who was crippled and handicapped

you now realize

that it is you who were crippled

by your programming

it is you

who were

in not understanding

human nature

as it really is

now you will realize that this beggar

came to your home with an arms for you

the widening of your heart

in compassion

and the release of your spirit in

freedom

that was the arms

where before you used to be controlled

these persons had the power to create

negative emotions in you

and make you go out of your way to avoid

them

now you have the freedom to avoid no one

and to go anywhere

you may still avoid this person

but no longer because he or she

generates negative emotions in you

but rather for other reasons

you may be busy

you may prefer the company of others

when you see this you will notice how

to the feeling of compassion in your

heart

has been added the feeling of gratitude

to this beggar
whom you now see as your benefactor
and another
new
unaccustomed feeling
you actually feel a desire to seek out
the company
of these growth producing
crippled people
the way someone who has learned to swim
seeks water
because each time you are with them
where before you used to feel the
oppression and tyranny of negative
feelings
you now actually feel
an ever expanding compassion
and the freedom of disguise
and you can barely recognize yourself
as you see yourself going out eagerly to
the streets and alleys of the town
in obedience to the masters injunction
to bring in the poor
the crippled
the blind
and the lame
the kingdom of heaven suffers violence

and it is the violent
to carry it off
compare
the serene and simple splendor
of a rose in blooms
with the tension and restlessness of
your own life
the rose has a gift
that you like
it is perfectly content
to be itself
it has not been programmed from birth as
you have been
to be dissatisfied with itself
so it hasn't the slightest urge to be
anything other than it is
that is why it possesses the artless
grace
and absence of inner conflict
that among humans
is only found
in little children
and mystics
consider your sad condition
you are always dissatisfied with
yourself
always wanting to change yourself

so you are full of violence and self

intolerance

which only grows with every effort that

you make

to change yourself

so any change you achieve is always

accompanied by inner conflict

and you suffer when you see others

achieve

what you have not

and become

what you are not

would you be tormented by jealousy and

envy

if like the rose

you were content to be what you are

and never aspired

to what you are not

but you are driven are you not

to be like someone else

who has more knowledge

better looks more popularity or success

than you

you want to become more virtuous more

loving more meditative

you want to find god

to come closer to your ideals

think of the sad history of your efforts

at self-improvement

that either either ended in disaster

or succeeded only at the cost of

struggle and pain

now suppose you desisted from all

efforts to change yourself

and from all self-dissatisfaction

would you then be doomed to go to sleep

having passively accepted everything in

you and around you

no

there is another way besides laborious

self-pushing on the one hand

and stagnant acceptance on the other

it is the way of self understanding

this is far from easy

because to understand what you are

requires complete freedom from all

desire to change what you are

into something else

you will see this

if you compare the attitude

of a scientist

who studies the habits of ants without

the slightest desire to change them

with the attitude of a dog trainer

who studies the habits of a dog
with a view to making it learn something
if what you attempt is not to change
yourself
but to observe yourself
to study every one of your reactions
to people
and things
without judgment
or condemnation
or the desire to reform yourself
your observation will be non-selective
comprehensive
never fixed in rigid conclusions
always open and fresh from moment to
moment
then you will notice a marvelous thing
happening within you
you will be flooded with the light of
awareness
you will become transparent
and transform
will change occur then
oh yes
in you
and in your surroundings
but it will not be brought about

by your cunning restless
ego that is forever scheming to improve
others and yourself
forever competing comparing causing
sermonizing manipulating
in its intolerance
and its ambition
thereby creating tension and conflict
and resistance
between you and nature
an exhausting self-defeating process
like driving with your brakes on
no
the transforming light of awareness
brushes aside
your scheming self-seeking ego
to give nature full reign
to bring about the kind of change
that she produces in the roles
artless
graceful
unself-conscious
wholesome
untainted by inner conflict
since all change is violent
she will be violent
but the marvelous quality of nature

violence

unlike ego violence

is

that it does not spring from intolerance

and self-hatred

so there is no anger in the raging storm

that carries everything before it

or the fish that devour their young

in obedience to ecological laws

we

do not be no not

our bodily cells

that destroy each other

in

the interests

of a higher good

when nature destroys

it is not from ambition or greed

or self-aggrandizement

but in obedience

to mysterious laws

that seek the good

of the whole universe

above the survival and well-being

of the paths

it is this kind of violence

that arises within the mystics

who storm
against the ideas
and structures that have become
entrenched in their societies and
cultures
when awareness awakens them
to evils
their contemporaries are blinded too
it is this violence that causes the rose
to come into being
in the face of forces hostile to it
and it is to this violence
that the rose like the mystic will
sweetly succumb
after it has opened its petals
to the sun
and lived
in fragile fleeting loveliness
quite unconcerned
to add a single extra minute
to its allotted span of life
and so it lives in blessedness and
beauty
like the birds of the air and the
flowers of the field
with no trace
of the restlessness and dissatisfaction

the jealousy and anxiety and
competitiveness
that characterize the world of human
beings
who seek to control and coerce
rather than be content to flower into
awareness
leaving all change
to the mighty force of god
in nature
master they said to him
we know that you pay deference to no one
and teach in all honesty
look at your life and see how you have
filled
its emptiness with people
as a result they have a stranglehold on
you
they control your behavior
by their approval and disapproval
they hold the power to ease your
loneliness with their
company to send your spirit soaring with
their praise
to bring you down to the depths with
their criticism and rejection
take a look at yourself spending almost

every waking minute of your day

placating and pleasing people

whether they be living or dead

you live by their norms

conform to their standards

seek their company

desire their love

you dread their ridicule

you long for their applause

you meekly submit to the guilt they lay

upon you

you are terrified to go against the

passion

in the way you dress

or speak

or act

or even think

and observe how

you are just as dependent on them and

enslaved by them

when you control them

as when they control you

for when you grip an object tightly

you have gained control of the object

but

are also controlled by it

for you have lost the use of your hand

people have become so much a part of

your being

that you cannot even imagine living a

life that is unaffected by them

as a matter of fact they have convinced

you

that if you ever broke free of them

you would become an island

solitary

bleak unloving

but the exact opposite is true

how can you love someone

whom you are a slave to

how can you love someone

whom you cannot live without

you can only desire need

depend

fear

and be controlled

love is found

only in fearlessness

and freedom

how can you achieve this freedom

by means of a two-pronged attack

on your dependency

first

awareness

for it is impossible to be dependent

to be a slave

when you constantly observe

the folly of your dependence

but awareness may not be enough

for a person whose drug

is

people

you must cultivate activities

that you love

you must discover work

that you do

not merely for its utility

but for itself

think of something that you love to do

for itself whether it succeeds or not

whether you are praised for it or not

whether you are loved and rewarded for

it or not whether people know about it

and are grateful to you for it or not

how many activities can you count in

your life

that you engage in

simply because they delight you and grip

your soul

find them out cultivate them

for they are your passport to freedom

and to love

here too you have probably been

brainwashed into the following

consumeristic way of thinking

enjoy a poem or a landscape or a piece

of music is a waste of time

you must produce a poem

or a composition

or a work of art

even to produce it is of little value in

itself

your work must be known

what good is it if no one ever knows it

and even if it is known that means

nothing if it is not applauded and

praised by people

your work achieves maximum value

if it becomes popular

and sells

so you are right back again into the

arms

and the control of people

the value of an action according to them

is not in its being loved and enjoyed by

itself

but in its success

the royal road to reality

trodden by the mystic
does not pass through the world of
people
it passes through the world of action
which is engaged in
for itself without an eye to success or
to gain
non-profit action
this is what brings contact with reality
contrary to popular belief
the cure for lovelessness
and loneliness
is not found in company
but in contact with reality
the moment you touch reality
you will know what freedom is
what love is
freedom
from people
and so
the ability
to love people
you must not think that for love to
arise in your heart
you must first meet people
that would not be love at all but
attraction

or compassion

rather it is love

that first springs in the heart

through your contact with the real

not love for any particular person or

thing

but the reality of love an attitude

a disposition of love

for love in itself has no object

love simply is

it may be activated

but it is not created

by the presence of others

it arises unprovoked within the heart

then radiates outwards

to the world of things than people

if you desire

that this love should exist in your life

you must break loose

from your inward dependence on people

by becoming aware of it

and by engaging in activities that you

love to do for themselves

only then will you attain

the freedom

that is fearlessness

and love

which is the total absence of fear

but as for you

you must call no one your teacher

you can get someone to teach you things

mechanical or scientific or mathematical

like algebra or english

or riding a cycle

or operating a computer

but in the things that really matter

life

love

truth

god

no one can teach you a thing

all they can give you

is

formulas if you take those formulas

you will have

not reality

but reality filtered through the mind of

someone else

not truth

but someone else's version of it

this applies even to your own formulas

which will offer you not reality

but reality

filtered

through a mind

conditioned by past experience

all that the mind can offer is concepts

that make sense to the mind

whereas reality makes no sense to the

mind at all it is beyond the thought

it is a mystery

and so it must be grasped

if it can be grasped at all

beyond sort

and beyond formulas

look at it this way

there have been moments in your life

when you had an experience

that you know

you will have to carry with you to your

grave

because you are quite unable to find

words

because there simply are no words

in human language

that can communicate

the experience

to anyone

think of the kind of feeling that came

upon you when you saw a bird fly over a

lake

or observed a blade of grass peeping out

of a crack in the wall

or heard the cry of a baby at night

or suddenly sensed

the loveliness of a naked human body

or gazed at a corpse lying cold and

rigid in a cotton

you may try to communicate the

experience

inadequately

distortedly

through music

or poetry

or painting

but in your heart you know

that no one will ever comprehend exactly

what it was you saw and sensed

this is something

you are quite powerless to express

much less teach

to another human being

now that is exactly how powerless a

master feels

when you ask him to teach you

about life

or god or reality

all he can give you

is a set of words
strung together into a formula
but of what use are those words
imagine a bus with its shades down
filled with tourists
who don't see or hear or touch or smell
a thing
of the strange exotic land
that they are passing through
while all the time their guide chatters
away
giving them what he thinks is a vivid
description
of the world outside
the only sights and smells and sounds
they will experience
will come from the images that his words
create
in their heads
and let's suppose that when the bus
stops
he sends them forth with formulas
about what they can expect
to see and experience
their experience will be
limited
conditioned

distorted contaminated by those formulas

and they will perceive

not the reality that is there before

them

but the reality that the guide wants

them to see

they will look selectively

or they will project formulas

on to

the windows through which they perceive

so all they are likely to see is their

own formulas

so what can teachers do

they can bring to your notice

what is unreal

they cannot show you the real

they can destroy

your formulas

they cannot make you see what the

formula is pointing to

they can indicate your error

they cannot put you in possession of the

truth

their formulas can at the most

point in the direction of reality

they cannot tell you

what it is

or what to see

you will have to walk out there alone

and discover it for yourself

to walk alone

that means

to walk away from every formula

the ones your family and your culture

gave you

the ones you learned from books

the ones that you yourself invented in

the light of your past experiences

that is probably the most terrifying

thing a human being

can undertake to do

expose

himself to reality

unprotected

unguided by any formula

to walk away from the world

and into the desert

as the prophets and mystics did

is

not to walk away

from

human company

but to walk away from human formulations

then even though you are surrounded by

people

you are truly and utterly alone

what an awesome solitude

that solitude

that aloneness

is silence

it is only in this silence

that you will see

and the moment you see

the sheer concreteness

and wholeness and fluidity of what you

see

will cause you to abandon

every concept

which can only portray reality in an

abstract

fragmented

static kind of way

in that moment of sight you will also

drop every formula

and book and guide and guru

what is it that you will see

anything

everything

a falling leaf

the behavior of a friend

the ripples on the surface of a lake

a pile of stones a ruined building a

crowded street

a starry sky

whatever

but with fresh eyes

unclouded by past experiences

unconditioned

by any prejudice

by any formula

after you have seen

someone may attempt to help you put your

vision into words

but you will shake your head

no not that that's just another formula

someone else will attempt to explain the

meaning of what you saw and you will

shake your head again

because meaning is a formula something

that can be put into concepts

something that makes sense to the

thinking mind

whereas what you saw is beyond all

formula

and therefore beyond all meaning

and having seen

a mysterious change will come about in

you

barely perceptible at first
but radically transforming
you will never be the same again
because you will feel the exhilarating
confidence and freedom
that comes to those
who know
that every formula no matter how sacred
is worthless
and you will never again call anyone
your teacher
then you will never cease to learn
as each day you observe and understand
afresh
the whole process
and movement of life
then every single thing and person and
event
will be your teacher
so put your books and formulas aside
dare to abandon your teacher whoever
your teacher may be
and see things for yourself
dare to look at everything around you
without fear and without formula
and it won't be long
before you see

he sent the people away
after doing that he went up to the
mountain to pray alone
it grew late
and he was there all by himself
has it ever occurred to you that you can
only love when you are alone
what does it mean to love
it means to see a person
a thing
a situation as it really is
and not as you imagine it to be
and to give it the response that it
deserves
you cannot love what you do not even see
and what prevents us from seeing
our mental conditioning
our concepts our categories our
prejudices and projections
our needs and attachments
the labels we have drawn from our
conditioning and from our past
experiences
seeing is the most arduous thing a human
being can undertake
for it calls for a disciplined alert
mind

whereas most people would much rather
lapse into mental laziness
then take the trouble to see each person
and sing anew
in present moment freshness
to drop your conditioning in order to
see
is arduous enough
but seeing calls for something more
painful still
the dropping of the control that society
exercises over you
a control whose tentacles have
penetrated
to the very root of your being
so that to remove it
is to tear yourself apart
if you wish to understand this
think of a little child that is given a
taste for drugs
as the drug penetrates the body of the
child
it becomes addicted and its whole being
cries out for the drug
to be without the drug is so unbearable
or torment
that it seems preferable to die

now this is exactly what your society
did to you when you were a child
you were not allowed to enjoy the solid
nutritious food of life
birth
and play
and the company of people and the
pleasures of the senses and the mind
you were given a taste
for the drugs called approval
appreciation attention
the drug called success prestige power
having got a taste
for these artificial stimulants
you became addicted
and began to dread their loss
hence the control
you now feel terror
at the prospect of failure
of mistakes
of the criticism of others
so you become cravenly dependent on
people
and you have lost your freedom
others now have the power to make you
happy or miserable
and much as you now hate the suffering

that this involves
you find yourself completely helpless
there is never a minute
when consciously or unconsciously
you are not keenly attuned to the
reaction of others
marching to the drum of their demands
rather than dancing
to the melody that welds up
from within your being
when you are ignored
or disapproved of
you experience a loneliness so
unbearable
that you crawl back to people
to beg for the comfort
the drug known as support
encouragement reassurance
to live with people in this state
involves never-ending tension
but to live without them
brings the agony of loneliness
you have lost your capacity to see them
exactly as they are
and to respond to them accurately
mostly your perception of them is
clouded

by the need to get your drug
the consequence of this is terrifying
and unescapable
you have become incapable of loving
anyone or anything
if you wish to love
you must learn to see again
and if you wish to see
you must give up your drug
you must tear away from your being
the tentacles of society which have
penetrated to the marrow
you must drop out
externally everything will go on as
before you will continue to be in the
world
but will no longer be of it
because your heart will now be free at
last
and utterly alone
it is only in this aloneness
this utters solitude
that dependence on your drug will die
and the capacity to love is born
for one no longer sees others
as means
to satisfy one's addiction

only someone who has attempted this
knows the terror of the process
it is like inviting yourself to die
it is like asking the poor drug addict
to give up the only happiness he has
known
and to replace it with a taste for bread
and fruit
and the clean fresh morning air
and the sweetness of the water from the
mountain stream
while he is struggling to cope with his
withdrawal symptoms
with the emptiness that he experiences
within himself
now that his drug is gone
to his fevered mind
nothing can fill the emptiness except
his drug
can you imagine a life in which you
refuse to enjoy a single word of
approval or appreciation
or to rest your head on any shoulder
in which you depend on no one
emotionally so no one has the power to
make you happy
or miserable anymore

you refuse to need any particular person

or to be special to anyone

or to call anyone your own

even the birds of the air have their

nests and the foxes their holes

but you will have nowhere to rest your

head

in your journey through life

if you ever get to this stage

you will at last know what it means

to see

with a vision that is clear and

unclouded by fear or desire

and you will know what it means to love

but to come to the land of love

you have to pass through the pains of

death

for to love persons

means to have died to the need for

persons

and to be utterly alone

how would you ever get there

by ceaseless awareness

and the infinite patience and compassion

that you would have for a drug addict

you must also develop a taste

for the good

you

this tape was recorded by father demelo

himself shortly before he died

one of his friends had requested that he

record some of these exercises just as

he had previously recorded sadhna and

wellsprings

so he simply took his tape recorder into

the garden at the sadhna institute in

india and in the midst of distant sounds

of bird singing and children playing he

did what had been asked of him

the technical quality of this cassette

is not perfect by any means

but it is included as the sixth tape in

this series of cassettes called love

springs because it was recorded by tony

himself

a final testament

to his friends before he died

foxes have holes

and the birds of the air their nests

but i have nowhere to rest my head

here is a mistake that most people make

in their relationships with others

they try to build

a steady nesting place

in the ever moving stream of life
think of the people
whose love you desire
do you want to be important to these
people
to be special
and make a difference to in to their
lives
do you want them to care for you and be
concerned about you in a special way
if you do
you are foolishly inviting them to
restrict your freedom for their benefit
to control your behavior your growth and
development
so that it will suit their interest
you are even inviting them
to reserve you for themselves
it is as if
these people said to you
if you want to be special to us
then you must meet our conditions
because the moment you cease to live up
to our expectations
you will cease to be special to us
you wanted to be special to someone
didn't you

so you must pay a price

in lost freedom

you must dance to the other person's

tune

just as you demand that other persons

dance to yours

if you if they want to be special to you

pause now to ask yourself if it is worth

paying so much for so little

imagine you say to someone

whose special love you want

leave me free to be myself

to think my thoughts

to indulge my tastes

to follow my inclination

to behave in ways that i decide are to

my liking

the moment you say those words

you will understand that you are asking

for the impossible

to ask to be special to someone

means essentially

to be bound to the task

of making yourself pleasing to that

person

and therefore to lose your freedom

take all the time you need to real to

understand this

maybe now you are ready to say

i would rather have my freedom than your

love

if you could either have company in

prison

or walk the earth in freedom all alone

which would you choose

now say to this person

i leave you free to be yourself to think

your thoughts

to indulge your tastes

follow your inclinations

behave in any way that you decide is to

your liking

the moment you say that you will observe

one of two things

either your heart will resist those

words

and you will be exposed

for the clinger

and the exploiter that you are

so now is the time to examine your false

belief

that without this person you cannot live

or cannot be happy

all your heart will pronounce the word

sincerely

and in that very instant all control

manipulation exploitation possessiveness

jealousy

will drop

i leave you free to be yourself

to think your thoughts indulge your

tastes follow your inclinations

behave in ways that you decide

are to your liking

say those words again

and you will notice something else

the person automatically ceases to be

special and important to you

when you are able to honestly say those

words

and he or she

becomes important in themselves

the way a sunset or a symphony are

lovely in themselves

the way a tree is special in itself and

not for the fruit of the shade

that it can offer you

your beloved then will then belong not

to you

but to everyone

or to no one

like the sunrise and the tree

test it by saying those words again

i leave you free to be yourself

to think your thoughts indulge your

tastes

follow your inclinations

behave in ways

that you decide

are to your liking

in saying those words

you have set yourself free

you are now ready

to love

for when you cling

what you offer the other is not love

but a chain

by which both you and your beloved are

bound

love can only exist

in freedom

the true lover seeks the good of his

beloved

which requires especially

the liberation of the beloved

from the lover

the master said go out quickly into the

streets and alleys of the town

and bring me in the poor

the crippled

the blind

and the lame

think of someone whom you dislike

someone you generally avoid

because his or her presence

generates negative feelings in you

imagine yourself to be in this person's

presence now

and watch the negative emotions arise

you are

quite possibly

in the presence of someone who is poor

crippled

blind

or lame

now understand that if you invite this

person

this beggar from the streets and alleys

into your house

that is into your presence

he or she will make you a gift

that none of your charming pleasant

friends can make you

rich as they are

he or she is going to reveal

yourself to you

and to reveal human nature to you

a revelation

as precious

as any found in scripture

for what will it profit you to know all

the scriptures

if you do not know yourself

the revelation that this beggar is going

to bring

is going to widen your heart

till there is room in it for every

living creature

can

any person

make you a finer gift than that

now take a look at

yourself reacting negatively

and understand the following truth

you are not in charge of this situation

this situation is in charge of you

that is the first revelation

with it

comes another

the way to be in charge of this

situation

is to be in charge of yourself

which you are not
how does one take
charge of oneself
all you have to do
is to understand
that there are people in the world
who if they were in your place
would not be negatively affected by this
person
they would be in charge of the situation
above it
not subject to it as you are
therefore
your negative feelings are caused
not by this person as you mistakenly
think
but by your programming
here is the third
and major revelation
your negative feelings are caused
not by this person
but by your programming
see what happens
when you really understand this
having received these revelations about
yourself
listen to this revelation concerning

human nature

this behavior

this straight in the other person

that causes you to react negatively

do you realize that he or she is not

responsible for it

you can only hold on to your negative

feelings

when you mistakenly believe that he or

she is free

and

aware and therefore responsible

but whoever did evil

in freedom

and awareness

the ability to do evil

or to be evil

comes

not from freedom

but from sickness

it is not a privilege

but a disease

for it implies

a lack of consciousness

and sensitivity

those who are truly free

cannot sin

as god cannot sin

this poor person here in front of you

is crippled

blind

lame

not responsible and free as you so

foolishly thought

understand this truth

look at it steadfastly and deeply

and you will see your negative emotions

transformed

into understanding

and compassion

suddenly you have room in your heart for

someone

who was formally consigned to the

streets and the alleys

by others and by you

and with

this comes

yet another revelation

namely the understanding

that whereas you thought

that it was this person

who was crippled and handicapped

you now realize

that it is you who were crippled

by your programming

it is you

who were blind

in not understanding

human nature

as it really is

[Music]

now you will realize that this beggar

came to your home with an arms for you

the widening of your heart

in compassion

and the release of your spirit in

freedom

that was the arms

where before you used to be controlled

these persons had the power to create

negative emotions in you

and make you go out of your way to avoid

them

now you have the freedom to avoid no one

and to go anywhere

you may still avoid this person

but no longer because he or she

generates negative emotions in you

but rather for other reasons

you may be busy

you may prefer the company of others

when you see this you will notice how
to the feeling of compassion in your
heart has been added the feeling of
gratitude to this beggar
whom you now see as your benefactor
and another
new unaccustomed feeling
you actually feel a desire to seek out
the company
of these growth producing
crippled people
the way someone who has learned to swim
seeks water
because each time you are with them
where before you used to feel the
oppression and tyranny of negative
feelings
you now actually feel
an ever expanding compassion
and the freedom of the skies
and you can barely recognize yourself
as you see yourself going out eagerly to
the streets and alleys of the town
in obedience to the masters injunction
to bring in the poor
the crippled
the blind

and the lame

master they said to him

we know that you pay deference to no one

and teach in all honesty

look at your life and see how you have

filled

its emptiness with people

as a result they have a stranglehold on

you

they control your behavior

by their approval and disapproval

they hold the power to ease your

loneliness with their company

to send your spirit soaring with their

praise

to bring you down to the depths with

their criticism and rejection

take a look at yourself spending almost

every waking minute of your day

placating and pleasing people

whether they be living or dead

you live by their norms

conform to their standards

seek their company

desire their love

you dread their ridicule

you long for their applause

you meekly submit to the guilt they lay
upon you
you are terrified to go against the
fashion
in the way you
dress or speak
or act
or even think
and observe how
you are just as dependent on them and
enslaved by them
when you control them
as when they control you
for when you grip an object tightly
you have gained control of the object
but
are also controlled by it
for you have lost the use of your hand
people have become so much a part of
your being
that you cannot even imagine living a
life that is unaffected by them
as a matter of fact they have convinced
you
that if you ever broke free of them
you would become an island
solitary

bleak unloving

but the exact opposite is true

how can you love someone

whom you are a slave to

how can you love someone

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the folly of your dependence

but awareness may not be enough

for a person whose drug

is

people

you must cultivate activities that you

love

you must discover work

that you do

not merely for its utility

but for itself

think of something that you love to do

for itself whether it succeeds or not

whether you are praised for it or not

whether you you are loved and rewarded

for it or not whether people know about

it and are grateful to you for it or not

how many activities can you count in

your life

that you engage in

simply because they delight you and grip

your soul

find them out cultivate them

for they are your passport to freedom

and to love

hereto you have probably been

brainwashed into the following

consumeristic way of thinking

to enjoy a poem or a landscape or a

piece of music is a waste of time

you must produce a poem

or a composition

or a work of art

even to produce it is of little value in
itself

your work must be known

what good is it if no one ever knows it

and even if it is known that means

nothing if it is not applauded and

praised by people

your work achieves maximum value

if it becomes popular

and sells

so you are right back again into the

arms

and the control of people

the value of an action according to them

is not in its being loved and enjoyed

for itself

but in its success

[Applause]

the royal road to reality

trodden by the mystic

does not pass through the world of

people

it passes through the world of action

which is engaged in

for itself without an eye to success or

to gain

non-profit action

this is what brings contact with reality

contrary to popular belief

the cure for lovelessness

and loneliness

is not found in company

but in contact with reality

the moment you touch reality

you will know what freedom is

what love is

freedom

from people

and so

the ability

to love people

you must not think that for love to

arise in your heart

you must first meet people

that would not be love at all but

attraction

or compassion

rather it is love

that first springs in the heart

through your contact with the real

not love for any particular person or

thing

but the reality of love an attitude
a disposition of love
for love in itself has no object
love simply is
it may be activated
but it is not created
by the presence of others
it arises unprovoked within the heart
then radiates outwards
to the world of things and people
if you desire
that this love should exist in your life
you must break loose
from your inward dependence on people
by becoming aware of it
and by engaging in activities that you
love to do for themselves
only then will you attain
the freedom
that is fearlessness
and love
which is the total absence of fear
of what uses it to you
to gain the whole world
if you suffer the loss of your soul
recall the kind of feeling you have when
someone praises you

when you are approved

accepted

applauded

and contrast that with the kind of

feeling that arises within you

when you look at the sunset

or the sunrise

or nature in general

or when you read a book

or watch a movie that you thoroughly

enjoy

get the taste of this feeling and

contrast it with the first namely the

one that was generated within you when

you were praised

understand that the first type of

feeling comes from self-glorification

self-promotion

it is a worldly feeling

the second

comes

from self-fulfillment

a soul feeling

here is another contrast

recall the kind of feeling you have when

you succeed

when you have made it

when you get to the top

when you win a bet or a game or an

argument

and contrast it with the kind of feeling

you get

when you really enjoy the job you are

doing

when you are absorbed in the action that

you are currently engaged in

and once again

notice the qualitative difference

between the worldly feeling

and the soul feeling

yet another contrast

remember what you felt like when you had

power

you were the boss

people looked up to you took orders from

you

or when you were popular

and contrast that worldly feeling

with the feeling of intimacy

companionship

the times you thoroughly enjoyed in the

company of a friend

or with a group

in which there was fun and laughter

having done this
attempt to understand the true nature of
worldly feelings namely
the feelings of self-proportion
self-glorification
they are not natural
they were invented by your society
and your culture
to make you productive
and to make you controllable
these feelings do not produce the
nourishment and happiness
that is produced when one contemplates
nature
or enjoys the company of one's friends
or one's work
they were meant to produce thrills
excitement
and emptiness
having reflected on this
observe observe yourself in the course
of a day
or of a week
and think how many actions of yours are
performed
how many activities engaged in
that are uncontaminated by the desire

for these thrills these excitements

that only produce emptiness

the desire for attention

approval fame

popularity

success or power

and take a look

at the people around you

is there a single one of them

who has not become addicted to these

worldly feelings

a single one who is not controlled by

them

hungering for them spending every minute

of his or her waking life consciously or

unconsciously seeking them

when you see this

you will understand

how people attempt to gain the world

and in the process lose their souls

for they live empty soulless lives

and here is a parable of life for you to

ponder on

a tourist bus

is passing through gorgeously beautiful

country

lakes and mountains and green fields and

rivers

but the shades of the bus are down

and the tourists do not have the

slightest idea

of what lies beyond the windows

of the bus

and all the time of their journey is

spent in squabbling over who will have

the seat of honor in the bus

who will be applauded

who will be well considered

and so they remain till journeys end

but as for you

you must call no one your teacher

you can get someone to teach you

things mechanical or scientific or

mathematical

like algebra or english

or riding a cycle

or operating a computer

but in the things that really matter

life

love

truth

god

no one can teach you a thing

all they can give you

is formulas

if you take those formulas

you will have

not reality

but reality filtered through the mind of

someone else

not truth

but someone else's version of it

this applies even to your own formulas

which will offer you not reality

but reality

filtered

through a mind

conditioned by past experience

all that the mind can offer is concepts

that make sense to the mind

whereas reality makes no sense to the

mind at all it is beyond the thought

it is a mystery

and so it must be grasped

if it can be grasped at all

beyond thought

and beyond formulas

look at it this way

there have been moments in your life

when you had an experience

that you know

you will have to carry with you to your

grave

because you are quite unable to find

words

because there simply are no words

in human language

that can communicate

the experience

to anyone

think of the kind of feeling that came

upon you when you saw a bird fly over a

lake

or observed a blade of grass peeping out

of a crack in the wall

or heard the cry of a baby at night

or suddenly sensed the loveliness of a

naked human body

or gazed at a corpse lying cold and

rigid in a coffin

you may try to communicate the

experience

inadequately

distortedly

through music

poetry

or painting

but in your heart you know

that no one will ever comprehend exactly

what it was you saw and sensed

this is something

you are quite powerless to express

much less teach

to another human being

now that is exactly how powerless a

master feels

when you ask him to teach you

about life

or god or reality

all he can give you

is a set of words

strung together into a formula

but of what use are those words

imagine a bus with its shades down

filled with tourists who don't see or

hear or touch or smell a thing

of the strange exotic land

that they are passing through

while all the time their guide chatters

away

giving them what he thinks is a vivid

description

of the world outside

the only sights and smells and sounds

they will experience

will come from the images that his words

create

in their heads

and let's suppose that when the bus

stops

he sends them forth with formulas

about what they can expect

to see and experience

their experience

will be limited

conditioned

distorted contaminated by those formulas

and they will

perceive not the reality that is there

before them

but the reality that the guide wants

them to see

they will look selectively

or they will project formulas

on to

the windows through which they perceive

so all they are likely to see is their

own formulas

so what can teachers do

they can bring to your notice

what is unreal

they cannot show you the real

they can destroy

your formulas

they can not they cannot make you see

what the formula is pointing to

they can indicate your error

they cannot put you in possession of the

truth

their formulas can at the most

point in the direction of reality

they cannot tell you

what it is

or what to see

you will have to walk out there alone

and discover it for yourself

to walk alone

that means

to walk away from every formula

the ones your family and your culture

gave you

the ones you learned from books

the ones that you yourself invented in

the light of your past experiences

that is probably the most terrifying

thing a human being

can undertake to do

expose

himself to reality

unprotected

unguided by any formula

to walk away from the world

and into the desert

as the prophets and mystics did

is

not to walk away

from

human company

but to walk away from human formulations

then

even though you are surrounded by people

you are truly and utterly alone

what an awesome solitude

that solitude

that aloneness

is silence

it is only in this silence

that you will see

and the moment you see

the sheer concreteness

and wholeness and

fluidity of what you see

will cause you to abandon every concept

which can only portray reality in an

abstract

fragmented

static kind of way

in that moment of sight

you will also drop every formula

and book and guide and guru

what is it that you will see

anything

everything

a falling leaf

the behavior of a friend

the ripples on the surface of a lake

a pile of stones a ruined building a

crowded street

a starry sky

whatever

but with fresh eyes

unclouded by past experiences

unconditioned

by any prejudice

by any formula

after you have seen

someone may attempt to help you put your

vision into words

but you will shake your head

no not that

that's just another formula

someone else will attempt to explain the

meaning of what you saw

and you will shake your head again
because meaning is a formula something
that can be put into concepts
something that makes sense to the
thinking mind
whereas what you saw is beyond all
formula
and therefore beyond all meaning
and having seen
a mysterious change will come about in
you
barely perceptible at first
but radically transforming
you will never be the same again
because you will feel the exhilarating
confidence and freedom
that comes to those
who know
that every formula no matter how sacred
is worthless
and you will never again call anyone
your teacher
then you will never cease to learn
as each day you observe and understand
afresh
the whole process
and movement of life

then every single thing and person and
event

will be your teacher

so put your books and formulas aside

dare to abandon your teacher whoever

your teacher may be

and see things for yourself

dare to look at everything around you

without fear and without

formula and it won't be long

before you see

none of you can be a disciple of mine

without taking leave of all his

possessions

if anyone comes to me and does not hate

his father and mother wife and children

brothers and sisters even his own life

he cannot be my disciple

take a look at the world

and see the hap the unhappiness around

you and in you

do you know what causes it

you will probably say loneliness or

oppression or war or hatred or atheism

and you will be wrong

there is only one cause of unhappiness

the false beliefs you have in your head

beliefs so commonly held
that it never occurs to you to question
them
because of these false beliefs
you see the world and yourself
in a distorted way
your programming is so strong
and the pressure of society is so
intense
that you are literally trapped into
perceiving the world
in this distorted kind of way
there is no way out
because you do not even have a suspicion
that your perception is
distorted your thinking is wrong
and your beliefs are false
look around and see if you can find a
single genuinely happy person
free from insecurities
fears
tension
worries
you would be lucky if you found one in a
hundred thousand
this should lead you to suspect
the programming and the beliefs

that you and they hold in common

but you have also been programmed not to

suspect not to doubt

just to trust the assumptions

that have been put into you by your

tradition

your culture

your society

your religion

and if you are not happy you have been

trained to blame yourself not your

programming not your cultural and

inherited ideas and beliefs

what makes it even worse is the fact

that most people are so brainwashed

that they do not even realize how

unhappy they are

like the man in a dream

who has no idea that he is dreaming

what are these false beliefs that block

you from happiness

here are some

first

you cannot be happy

without the things that you are attached

to

and that you consider so precious

false

there is not a single moment in your

life

when you do not have everything that you

need to be happy

think of that for a minute

the reason why you are unhappy

is

because you are focusing on what you do

not have

rather than on what you have

right now

another belief

happiness is in the future

false again

right here and now

you are happy

and you do not know it

because

your false beliefs and your distorted

perceptions

have got you caught up in fears

anxieties attachments conflicts

guilt

and a host of games that you are

programmed to play

if you would see through

this
you would realize
that you are happy
and do not even know it
yet another belief
happiness will come if you manage to
change the situation you are in
and the people around you
not
true you foolishly squander so much
energy trying to rearrange the world
if changing the world is your vocation
in life go right ahead and change it
but do not harbor the illusion that this
is going to make you happy
what makes you happy or unhappy
is not the world and the people around
you
but the thinking in your head
as well search for an eagle's nest on
the bed of an ocean
as search for happiness in the world
outside of you
so if it is happiness that you seek
you can stop wasting your energy trying
to cure your baldness
or build up an attractive body

or change your residence or job or

community or lifestyle

or even your personality

do you realize that you could change

every one of these things

you could have the finest looks and the

most charming personality and the most

pleasant of surroundings

and still be unhappy

and deep down you know that this is true

but still you waste your effort and

energy

trying to get what you know cannot make

you happy

another false belief

if all your desires are fulfilled you

will be happy

not true

in fact

it is these very desires and attachments

that make you tense frustrated nervous

insecure and fearful

do they not

make a list of your attachments

and desires

and to each of them say

deep down in my heart

i know that even after i have got you i
will not get happiness
and ponder on the truth of those words
the fulfillment of desire
can at the most
bring flashes of pleasure
and excitement
don't mistake that for happiness
your own experience should have taught
you
that pleasure soon becomes wearysome
and excitement infallibly leads to
boredom
whereas one never tires
of the thing called happiness
what then is happiness
very few people know
and no one can tell
because happiness cannot be described
can you describe light
to people who have been sitting in
darkness all their lives
can you describe reality
to someone in a dream
understand your darkness
and it will vanish
then you will know what light is

understand your nightmare for what it is

and it will stop

then you will wake up to reality

understand your false beliefs

and they will drop

then you will know the taste

of happiness

if people want happiness so badly why

don't they attempt to understand their

false beliefs

first because it never occurs to them to

see them as false or even as beliefs

they see them as facts

so deeply have they been programmed

second

because they are scared to lose the only

world they know

the world of desires attachments fears

social pressures

tensions ambitions worries

guilt

with

the flashes of the pleasure and relief

and excitement

which these things bring

think of someone who is afraid to let go

of a nightmare

because after all that is the only world

he knows

there you have a picture of yourself

and of other people

if you wish to attain to lasting

happiness

you must be ready to hate

father

mother

even your own life

and to take leave of all your

possessions

how

not by renouncing them or giving them up

because what you give up violently

you are forever bound to

but rather by seeing them for the

nightmare they are

and then

whether you keep them or not

they will have lost their grip over you

their power to hurt you

and you will be out of your dream at

last out of your darkness

your fear

your unhappiness

so

spend some time seeing each of the
things you cling to for what it really
is
a nightmare
that causes you excitement and pleasure
on the one hand
but also worry insecurity tension
anxiety fear unhappiness on the other
father and mother
nightmare
wife and children brothers and sisters
nightmare
all your possessions
nightmare
your life as it is now nightmare
every single thing you cling to
and have convinced yourself that you
cannot be happy without
nightmare
then you will hate father and mother
wife and children brothers and sisters
and even your own life your life as you
live it now
and you will so easily take leave of all
your possessions that is you will stop
clinging
and thus have destroyed their capacity

to hurt you

then at last you will experience that

mysterious state that cannot be

described or uttered

the state of abiding happiness and peace

and you will understand how true it is

that everyone who stops clinging to

brothers or sisters father mother or

children

land or houses

is repaid a hundred times over

and gains the state of timelessness

called

eternal life

the kingdom of heaven suffers violence

and it is the violent to carry it off

compare

the serene and simple splendor

of a rose in bloom

with the tension and restlessness of

your own life

the rose has a gift

that you like

it is perfectly content to be itself

it has not been programmed from birth as

you have been

to be dissatisfied with itself

so it hasn't the slightest urge to be
anything other
than it is
that is why it possesses the artless
grace
and absence of inner conflict
that among humans
is only found
in little children
and mystics
consider your sad condition
you are always dissatisfied with
yourself
always wanting to change yourself
so you are full of violence and self
intolerance
which only grows with every effort that
you make
to change yourself
so any change you achieve is always
accompanied by inner conflict
and you suffer when you see others
achieve
what you have not
and become
what you are not
would you be tormented by jealousy and

envy
if like the rose
you were content to be what you are
and never aspired
to what you are not
but you are driven are you not
to be like someone else
who has more knowledge
better looks more popularity or success
than you
you want to become more virtuous more
loving more meditative
you want to find god
to come closer to your ideals
think of the sad history
of your efforts
at self-improvement
that either either ended in disaster
or succeeded only at the cost of
struggle and pain
now suppose you desisted from all
efforts to change yourself
and from all self-dissatisfaction
would you then be doomed to go to sleep
having passively accepted everything in
you and around you
no

there is another way besides laborious
self-pushing on the one hand
and stagnant acceptance on the other
it is the way of self-understanding
this is far from easy
because to understand what you are
requires complete freedom from all
desire to change what you are
into something else
you will see this
if you compare the attitude
of a scientist
who studies the habits of ants without
the slightest desire to change them
with the attitude of a dog trainer
who studies the habits of a dog
with a view to making it learn something
if you if what you attempt is not to
change yourself
but to observe yourself
to study every one of your reactions
to people
and things
without judgment
or condemnation
or the desire to reform yourself
your observation will be non-selective

comprehensive

never fixed

in rigid conclusions

always open and fresh from moment to

moment

then you will notice a marvelous thing

happening within you

you will be flooded with the light of

awareness

you will become transparent

and transformed

will change occur then

oh yes

in you

and in your surroundings

but it will not be brought about

by your cunning restless ego

that is forever scheming to improve

others and yourself

forever competing comparing coercing

sermonizing manipulating

in its intolerance

and its ambition

thereby creating tension and conflict

and resistance

between you and nature

and exhausting

self-defeating process
like driving with your brakes on
no the transforming light of awareness
brushes aside
your scheming self-seeking ego
to give nature full reign
to bring about the kind of change
that she produces in the roles
artless
graceful
unself-conscious
wholesome
untainted by inner conflict
since all change is violent
she will be violent
but the marvelous quality of nature
violence
unlike ego violence
is
that it does not spring from intolerance
and self-hatred
so there is no anger in the raging storm
that carries everything before it
or the fish that devour their young in
obedience to ecological laws
we
do not we know not

our bodily cells
that destroy each other
in
the interests
of a higher good
when nature destroys
it is not from ambition or greed
or self-aggrandizement
but in obedience to mysterious laws
that seek the good
of the whole universe
above the survival and well-being
of the
it is this kind of violence
that arises within the mystics
who storm
against the ideas
and structures that have become
entrenched in their societies and
cultures
when awareness awakens them
to evils
their contemporaries are blinded too
it is this violence that causes the rose
to come into being
in the face of forces hostile to it
and it is to this violence

that the rose like the mystic will
sweetly succumb
after it has opened its petals
to the sun
and lived
in fragile fleeting loveliness
quite unconcerned
to add a single extra minute
to its allotted span of life
and so it lives in blessedness and
beauty
like the birds of the air and the
flowers of the field
with no trace
of the restlessness and dissatisfaction
the jealousy and anxiety and
competitiveness
that characterize the world of human
beings
who seek to control and coerce
rather than be content to flower into
awareness
leaving all change
to the mighty force of god
in nature
when you set your hands to the plow
and then keep looking back

you are not worthy
of the kingdom of god
god's kingdom
is love
what does it mean to love
it means
to be sensitive to life
to things to persons
to feel for everything and everyone
to the exclusion of nothing and no one
for exclusion can only be achieved
through a hardening of oneself
through closing one's doors
and the moment there is a hardening
sensitivity dies
it won't be hard for you to find
examples of this kind of sensitivity in
your life
have you ever stopped to remove a stone
or a nail from the road
lest someone come to harm
it does not matter that you will never
know the person who will benefit from
this
gesture and you will receive no reward
or recognition
you just do it from a feeling of

benevolence and kindness

or have you felt pained

at the wanton destruction in another

part of the world

of a forest

that you will never see and never

benefit from

have you gone to some trouble to help a

stranger find his way

even though you do not know

and will never meet this person again

purely from a good heartedness that you

feel within you

in these and in so many other moments

love came to the surface in your life

signaling

that it was there within you

waiting to be released

how can you come to possess this kind of

love

you cannot

because it is already there within you

all you have to do is remove the blocks

you place to sensitivity

and it will surface

the blocks to sensitivity are two

belief

and attachment

belief

as soon as you have a belief

you have come to a conclusion about a

person

or situation or thing

you have now become fixed

and dropped your sensitivity

you are prejudiced

and will see that person

from the eye of that prejudice in other

words

you will cease to see this person again

and how can you be sensitive to someone

whom you do not even see

just take one or two of your

acquaintances

and list the many positive or negative

conclusions you have arrived at

and on the basis of which you relate to

him or her

the moment you say

so-and-so is wise

or cruel

or loving

or defensive

or whatever

you have hardened your perception

and become prejudiced

and ceased

to perceive this person

moment by moment

somewhat

like a pilot

who operates today

on last week's weather reports

take a hard look at those beliefs

for the realization

that they are beliefs

conclusions

prejudices

will cause them to drop

the second block

attachment

how is an attachment born

first comes the contact with something

that gives you pleasure

a car

an attractively advertised modern

appliance

a word of praise

a person's company

then comes the desire to hold on to it

to repeat the gratifying sensation

that this thing or person caused you
finally comes the conviction
that you will not be happy without this
person or thing
now you have a full-blown attachment
and with it comes the inevitable
exclusion of other things
an insensitivity to anything that isn't
part of your attachment
each time you leave the object of your
attachment
you leave your heart there
so you cannot invest it
in the next place you go to
the symphony of life moves
on but you keep looking back
clinging to a few bars of the melody
blocking your ears to the rest of the
music
thereby producing disharmony and
conflict between what life is offering
you
and what you are clinging to
then comes the tension and anxiety
which is the death of love
and of the joyful freedom
that love brings

for love and freedom

are only

found when one enjoys each note as it

arises

then allows it to pass

so as to be fully receptive to the notes

that follow

how does one drop an attachment

people try to do this through

renunciation

but to renounce some bars of music to

blot them out of one's consciousness

creates exactly the type of violence

conflict and insensitivity

that clinging does

once again you have hardened yourself

the secret is to renounce nothing

cling to nothing

enjoy everything

and allow it to pass

to flow

how

through many hours

of observing the rottenness

the corrupt nature of an attachment

you generally concentrate on the thrill

the flash of pleasure that it brings

but contemplate the anxiety the pain the
unfreedom
simultaneously contemplate the joy the
peace and freedom that are yours
each time
an attachment drops
then you will stop looking back
and be enchanted
by the music of the present moment
finally take a look at this society that
we live in
infected as it is
by attachments
rotten to the core
if anyone is attached to power
money
property
to fame and success
if anyone seeks these things
as if their happiness depended on them
they will be considered productive
members of society
dynamic and hardworking
in other words if they pursue these
things with a driving ambition
that destroys the symphony of their life
and makes them hard and cold and

insensitive to others and to themselves
society will look will look upon them as
respectable citizens
and their relatives and friends will be
proud of the status that they have
achieved
how many so-called respectable people do
you know
who have retained
the gentle sensitivity of love
that only unattachment
can bring
if you contemplate this long enough
you will experience a disgust so deep
that it will smash your attachments
you will revolt and break loose
from this putrid culture that is based
on acquisitiveness
and attachment
on anxiety and greed
and on the hardness
and insensitivity
of non-love
he sent the people away
after doing that he went up to the
mountain to pray alone
it grew late

and he was there all by himself
has it ever occurred to you that you can
only love when you are alone
what does it mean to love
it means to see a person
a thing
a situation as it really is
and not as you imagine it to be
and to give it the response that it
deserves
you cannot love what you do not even see
and what prevents us from seeing
our mental conditioning
our concepts our categories our
prejudices and projections
our needs and attachments
the labels we have drawn from our
conditioning and from our past
experiences
seeing is the most arduous thing a human
being can undertake
for it calls for a disciplined alert
mind
whereas most people would much rather
lapse into mental laziness
take the trouble to see each person and
thing anew

in present moment freshness
to drop your conditioning in order to
see
is arduous enough
but seeing calls for something more
painful still
the dropping of the control that society
exercises over you
a control whose tentacles have
penetrated
to the very root of your being
so that to remove it
is to tear yourself apart
if you wish to understand this
think of a little child that is given a
taste for drugs
as the drug penetrates the body of the
child
it becomes addicted and its whole being
cries out for the drug
to be without the drug is so unbearable
or torment
that it seems preferable to die
now this is exactly what your society
did to you when you were a child
you were not allowed to enjoy the solid
nutritious food of life

work
and play
and the company of people
and the pleasures of the senses and the
mind
you were given a taste
for the drugs called approval
appreciation attention
the drug called success prestige power
having got a taste
for these artificial stimulants
you became addicted
and began to dread their loss
hence the control
you now feel terror
at the prospect of failure
of mistakes
of the criticism of others
so you become cravingly cravingly
dependent on people
and you have lost your freedom
others now have the power to make you
happy or miserable
and much as you now hate the suffering
that this involves
you find yourself completely helpless
there is never a minute

when consciously or unconsciously
you are not keenly attuned to the
reaction of others
marching to the drum of their demands
rather than dancing
to the melody that welds up
from within your being
when you are ignored
or disapproved of
you experience a loneliness so
unbearable
that you crawl back to people
to beg for the comfort
the drug known as support
encouragement reassurance
to live with people in this state
involves never-ending tension
but to live without them brings the
agony of loneliness
you have lost your capacity to see them
exactly as they are
and to respond to them accurately
mostly your perception of them is
clouded
by the need to get your drug
the consequence of this is terrifying
and unescapable

you have become incapable of loving

anyone or anything

if you wish to love

you must learn to see again

and if you wish to see

you must give up your drug

you must tear away from your being

the tentacles of society which have

penetrated to the marrow

you must drop out

externally everything will go on as

before you will continue to be in the

world

but will no longer be of it

because your heart will now be free at

last

and utterly alone

it is only in this aloneness

this utter solitude

that dependence on your drug will die

and the capacity to love is born

for one no longer sees others

as means

to satisfy one's addiction

someone who has attempted this

knows the terror of the process

it is like inviting yourself to die

it is like asking the poor drug addict
to give up the only happiness he has
known
and to replace it with the taste for
bread and fruit
and the clean fresh morning air
and the sweetness of the water from the
mountain stream
while he is struggling to cope with his
withdrawal symptoms
and with the emptiness that he
experiences within himself
now that his drug has gone
to his fevered mind
nothing can fill the emptiness except
his drug
can you imagine a life in which you
refuse to enjoy a single word of
approval or appreciation
or to rest your head on any shoulder
in which you depend on no one
emotionally so no one has the power to
make you happy
or miserable anymore
you refuse to need any particular person
or to be special to anyone
or to call anyone your own

even the birds of the air have their
nests and the foxes their holes
you will have nowhere to rest your head
in your journey through life
if you ever get to this stage
you will at last know what it means
to see
with a vision that is clear and
unclouded by fear or desire
and you will know what it means to love
but to come to the land of love
you have to pass through the pains of
death
for to love persons
means to have died to the need for
persons
and to be utterly alone
how would you ever get there
by ceaseless awareness
and the infinite patience and compassion
that you would have for a drug addict

[Music]

you must also develop a taste
for the good things of life
to counter your craving for the drug
things like work and laughter
and intimacy with people whom you do not

cling to
and so do not depend on emotionally
it will also help if you undertake
activities that you can do with your
whole being
activities
that you so love to do
that while you are engaged in them
success or recognition or approval
simply do not mean a thing to you
it will help too if you return to nature
send the crowds away
and go up into the mountain
and silently commune with trees and
flowers and animals and birds
with sea and sky and clouds
and star and stars
then you will know
that your heart has brought you into the
vast desert of solitude
there is no one there by your side
absolutely no one
at first it will seem unbearable
but that is only because you are
unaccustomed to aloneness
but if you manage to stay there for a
while

the desert will suddenly bloom into love

your heart will burst into song

and it will be springtime forever

you

[Applause]

well let me begin by telling you what I

plan to do with you today first of all

I'm delighted to be talking to a young

group the first time I'm doing this in

the United States I mean I can see all

of you are very young even the somewhat

older looking ones which you know I plan

to keep this as a relaxed and as homely

as possible someone has told you I think

this is going to be a retreat while I

yes a retreat of sorts you know your

this isn't a church where I think this

is going to be more in the nature of a

kind of a dialogue I discovered

something 1012 years ago and it turned

my life upside down revolutionized my

life I became a new man so this is what

I'm gonna share with you happy to share

it with you in a special kind of way

though because you might say to me how

come you heard this just 10 or 12 years

ago haven't you read the Gospels

cause I read the Gospels but I hadn't
seen it was right there but I hadn't
seen it later having discovered it see I
found it in all the major religious
writings and I'm amazed I mean I was
reading it and I hadn't recognized it
hadn't seen it I wish to God I found
this when I was younger like most of you
oh what a difference it would have made
so how long would it take to give it to
you a whole day where I'll be honest
with you couple of minutes
I don't think it would take more than do
with it
giving it to you wouldn't take more than
a couple of minutes I don't think
grasping it or getting it might take you
20 years 15 years 10 years 10 minutes
one day three days who knows who knows
that depends on you if you would bring
one quality to this little session we're
having here together today just one you
need one quality to see what I saw the
saw 10 years ago and what revolutionized
my life various people have told me
hence there since then that their lives
were pretty much revolutionized too but

not too many people I'm sorry to say
very few I tend to think that if about
let's say 1000 people are listening to
me and one hears it that's a pretty good
average pretty good average is it
difficult to hear is it difficult to
understand it's so simple a
seven-year-old child could understand it
it's not amazing and in fact when I I
think of it today I think why didn't I
see it I don't know I don't know why I
didn't see it but I did now maybe one or
other of you might see it today or might
see part of it
what would you need to see it just one
thing the ability to listen that's all
are you able to listen if you can you
might get it now listening is not as
easy as you might think it is reason
we're always listening from kind of
fixed concepts fixed positions
prejudices see listening does not mean
swallowing that's gullibility oh he says
it so I take it I don't want any of you
to have any
spirit of faith while you're listening
to me I mean you could take what the

church did she teaches on faith you
could take the Bible on faith it's
letter don't take me on faith what I
want you to do is question everything
I'm saying think about it come back at
me feel free to do that see even while
I'm talking ask questions raise your
hands any time I'd be happy to do this
kind of dialogue with you so it does not
mean gullibility but then listening
doesn't mean attacking see because I'm
going to say something so new some of
you are going to think I'm crazy I'm out
of my mind so then you're going to be
tempted to attack if you tell a Marxist
there's something wrong with Marxism the
first thing he's likely to do is attack
you you tell a capitalist there's
something wrong with capitalism he's up
in arms you tell an American hey you
know there's something wrong with the
United States and the same with the
Indian if you're attacking India etc it
doesn't mean swallowing doesn't mean
attacking it doesn't mean agreeing they
tell me about a Jesuit superior who was
a great success see so somebody said to

him how come you're such a great success
as a superior he says very simple the
formulas simple I agree with everyone it
does agree with it they said don't be
absurd how could he be a successful
superior agreeing with everybody he says
that's right how could I be a successful
superior agreeing with everybody
so it doesn't mean agreeing with me
you could disagree with me and get it
isn't that amazing it means being a it
means being alert you're alert you're
watching you're listening with a kind of
a fresh mind that's not easy either
listening with a fresh mind without
prejudices without fixed formulas see
like just yesterday somebody told me the
story of the guy who was told that you
know the famous saying you have an apple
a day keeps the doctor away well this
guy was having an affair with the
doctor's wife and was eating an apple a
day so no he got it all wrong you got it
all wrong he was from a fixed formula
see a fixed position they tell me to
have a priest who was sort of trying to
convince an alcoholic parishioner that

he ought to give up drink so he gets a
glass of alcohol pure alcohol and he
gets all of a bug a worm and he drops it
into the glass and the poor worm begins
to wriggle and dies and he says to the
parishioner you got the message on John
said yeah father I got the message I got
the message
you know you got a bug in your stomach
alcohol's a thing to take
he got the message yes John wasn't
listening see he wasn't listening well I
know a case where father wasn't
listening either because they tell of
the alcoholic who goes to the parish
priest the parish priest was reading the
newspaper didn't want to be disturbed he
said excuse me for the father was
irritated he ignored him excuse me
father father says what is it he said
could you tell me what causes a
arthritis father father was irritated
what causes arthritis
he says drinking causes arthritis that's
what causes arthritis going about with
loose women causes arthritis that's what
causes our crisis gambling causes

arthritis that's what causes arthritis
why did you ask he says because it says
in the paper here that the Holy Father
has arthritis father wasn't listening
all right if you are ready to hear
something new simple new unexpected
against almost everything you've been
told till now ready to hear that then
maybe you'll hear what I have to say
maybe you'll get it you know when Jesus
taught the good news I think he was
attacked not only because what he
thought was good but because it was new
we hate anything new I hated anything
you don't want to hear anything new give
me the old stuff we don't like the new
it's too disturbing - liberating ok so
the ability to listen Buddha
formulated it beautifully he says monks
and scholars must accept my words not
out of respect
must not accept my words out of respect
but must analyze them the way a
goldsmith analyzes gold by cutting
scraping rubbing melting
you must not accept my words out of
respect but analyze them by cutting the

way the goldsmith analyzes gold see
cutting scraping rubbing melting okay so
we've got that clear
next the theme of today we said the
rediscovery of life so let's begin the
investigation let's begin the research
and then I'll get you even to talk to
one another and share views etc ok so
let's start life what's this thing we
call life take a look at the world and
then we all invite you to take a look at
your own life take a look at the world
poverty every where I read in the New
York Times yesterday that the bishops of
the United States claim that there are
33 million people in the United States
who are living below the poverty line
drawn by the government itself if you
think that is poverty you ought to come
to other countries and see the squalor
the dirt the misery you call that life
well I've got news for you I'll show you
life even they're about 12 years ago a
little more I was introduced to a
rickshaw puller in Calcutta
you know what a rickshaw there's a guy
who it's awful I mean a human being you

don't have a horse pulling you but
you've got a human being pulling you the
lifespan of these poor men is from 10 to
12 years once they begin pulling the
rickshaw they don't last very long they
get tuberculosis see now Ram Chandra Ram
Chandra was his name
Ram Chandra had TB at that time there
was a little group of people engaging in
an illegal activity called exporting
skeletons the government eventually
caught on to them but you know what they
did they sort of bought your skeleton
while you were alive if you were very
poor you went to them and you sold your
skeleton for the equivalent about ten
dollars and so they'd say to you many of
these rickshaw pullers they'd say how
long have you been working in this trade
and Ram Chandra says ten years and they
think he doesn't have much longer to
live all right here's your money then
the moment you die they they they pounce
on the body they take it away and then
when the body is decomposed through some
process they have they get hold of the
skeleton well Ron Chandra had sold his

skeleton that's how miserable he was and
so on and on he had a wife he had kids
in this squalor the poverty the misery
the uncertainty you'd never think to
find happiness there right one day I
said to this guy nothing seemed to face
him he was alright nothing seemed to
upset him I said to him aren't you upset
he said about what you know the future
the future of the kids he says well I'm
doing the best I can but the rest is in
the hands of God I said hey but what
about your sickness that causes
suffering doesn't it
he says a bit we gotta take life as it
comes I never once saw him in a bad mood
well one day when I was talking to this
guy
I suddenly realized I was in the
presence of a mystic I suddenly realized
I was in the presence of life was right
there he was alive I was dead
you know a person a man who reincarnated
himself those lovely words of Jesus
look at the birds of the air look at the
flowers of the field they don't so they
don't spin they don't have a moment of

anxiety for the future not like you was
right here I know he must be dead by now
you know I met him very briefly there in
Calcutta and then went on to where I
live now for the South in India what
happened to this guy I don't know but I
know I met a mystic extraordinary person
he discovered life rediscovered
discovered you know it's interesting I
frequently reflected the human mind is
such an extraordinary thing it has
invented the computer it is split the
atom
it sends ships into space it has not
solved the problem of human suffering of
anguish loneliness emptiness despair
you're pretty young most of you but I
honestly don't think you're strangers to
loneliness heartache emptiness
depression
despair how come we haven't found the
answer to that we've made all kinds of
technological advances has that raised
the quality of our living by one inch
wanna know my opinion No now one inch oh
we have more comfort more speed
pleasures entertainments that's right

more Airy addition greater technological
advances what I'm saying is any
improvement on that loneliness and
emptiness and heartache any improvement
on that greed and hatred and conflict
less fighting less cruelty if you want
my opinion I think it's worse and the
tragedy is as I discovered ten or twelve
years ago the secret has been found they
discovered the atom we don't have to go
in search of solving it we got the
solution why don't we use it we don't
want it that's right would you believe
that we don't want it we don't want it
can you imagine my saying to somebody
look I'm going to give you a formula
which would make you happy for the rest
of your life you will enjoy every single
minute of the rest of your life imagine
my saying that to you okay I'm going to
say that to you today I'm going to give
you the formula I'm gonna give it to you
you know what most of you are going to
do sorry for insulting you in advance
okay but if you're anything if you're
anything like the audience's I've had
till now you know what most of you gonna

do you say stop it don't tell me stop it
don't want to hear it they don't want to
hear it and you don't even have to take
that on faith I'm gonna prove it to you
you're going to prove it to me before
the end of today oh we gonna have a lot
of fun do what
you know what it six months ago or
roughly six months ago last summer I was
in st. Louis Missouri
giving a workshop kind of a weekend
workshop there was a priest there who
came to see me he said you know I accept
every single word you've said over these
three days every single word of it and
you know why not because I've done what
you encouraged us to do to cut and rub
and scrape and analyze he says no he
said about three months ago I assisted
an AIDS victim on his deathbed and the
man told me the following he said father
six months ago the doctor told me I had
six months to live
how right he is because oh how right he
was he the man was dying see he said I
had exactly six months to live and I
believed him you know something father

these have been the six happiest months
of my whole misspent life happiest in
fact I've never been happy till these
six months I discovered happiness he
said as soon as the doctor told me that
I dropped tension pressure anxiety hope
and fell nothing to despair but into
happiness at last and the priest said
you know many is the time I've been
reflecting on the words of that man he
said when I heard you this weekend I
thought the guys come alive again you're
saying exactly what he said
here's another guy who had it or found
it here Christians most of you you know
I'm accustomed to talking to groups
enough Christians either then I
generally take the Quran Philippians 4
whatever the situation I find myself
you've got it right here the formulas
here well he doesn't tell you how to do
it that I shall supply no it's right
here to the formulas here to how to do
it this year too but listen to what he
says for whatever the situation I find
myself in I have learnt to be self
sufficient why you mean some sufficient

you're not Molly I oh there it goes
you'll be attacking me before the end of
today yeah yeah but whatever the
situation I find myself in I have
learned to be self sufficient I am
experienced in being brought low and I
have known what it meant to have
abundance I have learned how to cope
with every circumstance how to eat well
or to go hungry to be well provided for
or to do without

I have learned to cope with every
circumstance how to eat well or to go
hungry to be well provided for or to do
without a little earlier he says rejoice
always rejoice in the Lord again I say
it rejoice I think of Ram Chandra in
Calcutta I think of that AIDS victim in
st. Louis that's what he's talking about
I had read it all my life and had never
understood it I mean it was staring at
me staring me in the face then grasp it
okay

let's suppose you want to grasp it let's
suppose you want to see it what do you
have to do a understand a couple of
truths about yourself then I'll throw

the formula at you you make what you
want of it so here goes what do you have
to understand about yourself first your
life is in a mess don't like to hear
that well maybe it proves that it's true
your life is in a mess maybe you say to
me maybe if you're like the average
person I running into your life is in a
mess people will say to me what do you
mean my life is in a I'm doing pretty
well in my studies I got good parents I
got good relations with my family I've
got a boyfriend I've got a girlfriend
everybody likes me I'm doing well at
sports and I have a pretty brilliant
career ahead of me oh yeah yeah you
think your life is not at a mess he says
no all right tell me here's the acid
test ever feel lonely
any heartache ever get upset by anything
you mean are we supposed to get upset
you want the clean clear simple answer
yeah no you mean not be upset by
anything that's right you heard me no
shut up I don't want to hear anymore see
what I mean
no he got a theory he's got a theory you

gotta be upset or you're not human okay
go ahead and be upset good luck bye you
know there's a lovely saying by one of
your American authors which I I
frequently quote he says don't teach a
pig to sing it wastes your time and
irritates the pig I had to learn the
lesson the hard way I've stopped trying
to teach pigs to sing you don't want to
hear what I'm saying by no arguments
they don't argue I'm ready to explain
ready to clarify it why try to argue not
worth it so ever suffer any interior
conflict you mean all your relationships
are going well with everybody well no
your life is in a mess you mean you're
enjoying every single minute of your
life not quite well see what I told you
it's in a mess hey wait a minute the
inclination yeah yeah all right bye see
you later alligator why argue I'm not
interested in arguing with you period I
know because I was doing that all along
not interested in arguing you either
face the fact that your life is in a
mess or you don't you don't want to face
it I've got nothing to say to you and

your life is in a mess means you're a
victim of heartache at least
occasionally you feel lonely there's
emptiness staring at you you're scared
you scared yeah your life isn't a mess
you mean we're not supposed to be scared
no sir or madam as the case may be
no not supposed to be scared about
anything about anything but Muhammad was
excuse me we'll deal with Muhammad later
all right let's talk about you
fearlessness you don't know what it
means and the tragedy is you don't think
it's available it's so easy to get since
they told you it's not available you're
never too right to find it but it's
right here all over the Bible and you
won't see it because they told you it's
not available you anxious for the future
any whiff of anxiety worry upset yeah
you're in a mess how about that want to
clean it up I'll clean it up for you
five minutes depending on how ready you
are you don't have to move out of that
chair you could be sitting in that chair
you would clean it up in five minutes
and I mean that this isn't a sales

gimmick I mean it it's so simple and
it's so deadly serious that people miss
it
and you could have it you know there's a
do you know how they discovered the
diamond mines in South Africa it's a
very interesting story I read it some
time back this author says I think it
was an American a guy a white man who
was there in South Africa was sitting at
the hut of the headman of one of these
South African villages and he sees the
kids there playing with what looked like
marbles and his heart skipped a beat
when he recognized that those weren't
marbles at all they were diamonds picked
a couple of them up diamonds so he says
to the village headman he says could you
give me some of these you know I've got
children back home who play this sort of
game - and yours a bit different could
you you know I'd be ready to give you a
pouch of tobacco for this and the chief
laughed he said look this would be
highway robbery I mean
real robbery to take her to backup for
these things we've got thousands of them

here so he gave him a basket full there
comes back goes back with a lot of money
buys up all of that land and within ten
years he's the richest man in the world
now you know that could be a parable
it's it's tragic it's painful to think I
mean I I think back on my own life and I
think why did I waste it I wasted it
in all kinds of wonderful things believe
me Pastoral Ministries Theological
enterprises liturgical services etc etc
etc you know the more occupied we are in
the things of God we priests the more
likely we are to forget what God is all
about and the more complacent we're
likely to become that's the story of
Jesus who do you think got rid of Jesus
the priests who else the religious
people that's the the terror of the
gospel see alright so now I think I
wasted it I don't have a minute to
regret why waste even a minute
regretting the past okay but the fact is
I wasted it reminded of that powerful
story of the fisherman who goes out
early in the morning to fish and it's
true whatever I don't understand these

things but apparently it's too dark or
something and his foot hits upon
something that seems like a sack so he
picks it up probably washed ashore from
some shipwreck or whatever then he opens
it and he can feel pebbles inside so he
takes these pebbles and he entertains
himself till it's dawn see by by
flinging those pebbles far out into the
sea and to see if he can judge from the
plop how far he sent the pebble well
when it becomes a bit light and the dawn
begins to or where the day begins to
dawn he looks into the sack and he finds
three precious stones their God they
were filled with precious stones and he
hadn't known it too late too late too
late
too late not too late three stones still
not too late not too late and let's
suppose let's suppose this guy huh he's
starving
these people who was sitting on top of
those diamond mines they're starving
their children undernourished etc
they're looking for food they're begging
they're pleading with people to feed

them and someone says hey don't sell
that property you've got diamond mines
you see this thing you see this thing
it's a diamond you could sell it you
could get a hundred thousand dollars for
this year they say him no diamond to him
stone he got it in his head that that's
a stone refuses to listen no that's a
stone now that's the condition of people
everywhere they won't hear you they
won't listen you're telling them life is
extraordinary life is delightful you
could enjoy it you wouldn't have a
minute of tension not one no pressure
knowing that I think you want it not
possible
never been done cannot be done no spirit
of research of investigation let's find
out that's good no no no come on be done
I want to hear you I mean our priests
have told us it can't be done our
psychologists tell us it cannot be done
you coming to tell us it can be done out
too bad all right so the first thing are
you ready to admit that your life is in
a mess
second this is a bit tougher okay you

don't want to get out of it you do not
want to get out of the mess you talk to
any psychologist who's worth his name
and he'll confirm that the last thing a
client wants is a cure he doesn't want
to get cured he wants relief
Eric burned one of your great
psychiatrists here in the United States
puts it very graphically I won't give
his exact words we go I'm a bit scared
you know this is travelling how much did
he say 24,000 miles
a very used a respectable language he
says he says imagine a client who's up
to his nose in a cesspool okay
yeah he calls it liquid Shi T so he's up
to his nose in in a cesspool all right
and he's coming to you and you know what
he's saying to you he said could you
help me so people won't make waves cuz
I'm gonna get out oh no no no get out
for heaven's sake no just help me so
they won't make waves that's what he
wants he doesn't want to get out he
doesn't you want to test that on
yourself I'll give you a couple of
minutes you could do it right now you

want to test it on yourself okay here
goes suppose you could be blissfully
happy but you're not gonna get that
degree ready to barter your degree for
happiness you're not gonna get that
girlfriend of yours or that boyfriend
ready to barter them for happiness you
know something you're not going to be a
success you're gonna fail and everybody
say he's a bum but you be happy you'll
be blissfully happy ready to barter the
good opinion of people for that Oh No I
give you time to think about it later oh
no no sir or madam it's all about that
Chinese student who was learning English
and he loved it from a book of course
the poor kid and this lady says would
you have a cup of tea he says yes sir or
madam as the case may be there it is so
no sir oh so anytime I say no you could
take the madam for granted as the case
may be all right so no sir he's not
ready when I was in Syracuse last summer
I read a nice ad that says you know
there's this girl holding on to a boy
the ad in the newspaper and she says I
don't want to be happy the only happy

people I know are in a lunatic asylum
I want to be miserable with you see what
I mean I don't want to be happy I want
to be miserable with you she she'll
develop a theology about the damn thing
opera they don't want to get out of it
they don't want it they don't want it I
don't want happiness I want Fame I don't
want happiness I want to get that gold
medal at the Olympics suppose I tell you
look give up the gold medal you'll be
happy damn it what do you want that gold
medal for what do you want to be the top
that the boss of the corporation fall
and make you happy on \$10,000 a year
I'll make it happy no no no no give me
my money my money my money my money see
what I mean now you're catching on they
don't want to be happy they don't want
to live they want money you know that
guy Ram Chandra the rickshaw puller huh
he lived like a king he lived like a
king I mean it I mean it foreign aid is
fine he didn't need foreign aid not to
live he needed foreign aid for comfort
he needed for health not for life he
might have needed it for longevity which

means you know a long life but you call
that a lung you call that life long
existence not to live he was living I
was dead he knew what life was he was
happy he was like the birds of the air
and the lilies of the field he was an
incarnation of the Sermon on the Mount
was all there in the Sermon on the Mount
I discovered later it's all there I
hadn't seen it he lived like a king what
does it mean to live like a king you
know what ideas think it means and the
world is peopled with them believe me
idiots you know what they think it means
it means moving around in limousines
having everybody curtsy to them and
salute them and all that sort of rubbish
all that sort of garbage have their
names in their headlines they think that
means having power over people they
think that
what it means to live like a king I tell
you what I think it means they're not
living like kings they're slaves they
terrified look at their faces on
television for heaven's sake those kings
and queens and presidents and the rest

of them look at them on television you'd
recognize it at once he's scared
you know why he's scared because he
wants power that's why he wants prestige
he wants a reputation that's why he's
not living like a king I'll tell you
what it means to live like a king - no
no anxiety at all no inner conflict at
all no tension no pressures no upset no
heartache so then what do you left with
happiness undiluted people sometimes say
what do I do to be happy you don't do
anything to be happy silly
it shows how bad your theological
education has been that you think you
got to do something to be happy you
don't have to do anything to be happy
you can't acquire happiness you know why
because you have it you got it right now
you got it but you're the whole time
blocking it in your stupidity you're
blocking it stop blocking it you'll have
it if I could show you how to get rid of
your conflicts your anxieties your
tensions your pressures your emptiness
your loneliness your despair your
depression your heartache you get rid of

all of that what are you left with
sure undiluted happiness that's what you
have the Chinese put it beautiful when
the eye is unobstructed they say the
result is sight don't do anything to get
sight when the eye is unobstructed the
result is sight when the year is
unobstructed the result is hearing when
the mouth is unobstructed the result is
taste

I will add later when the mind is
unobstructed the result is truth and
when the heart is unobstructed the
result is joy and love you've got it all
but it's obstructed drop it it's a
second major step you don't want to get
out of it you want comfort you want your
little possessions you want the little
things that society has taught you are
essential for happiness falsely you want
that you don't want to get out of the
mess those are the things that are
creating the mess

look I've been talking too much I've
been talking for 45 minutes ought to
give you a bit of a break let me do this
let me give you something to talk about

for two or three minutes you can even
stand up while you're talking about it
see I don't want you to be sitting there
so long stand up and stretch and talk
about it and then maybe you want to ask
me a few questions later I give you a
somewhat longer break to draw up a more
formal questions you get what I'm saying
more formal questions and then we take
in questions from outside too but we do
that a bit later maybe 15 minutes hence
why don't you stand up for a couple of
minutes and think of this I'm gonna give
you something to talk about and to think
of its this has it ever occurred to you
that what you call your happiness is
really your chain has it ever occurred
to you that what you call your happiness
just think what do you call your
happiness you calling somebody your
happiness you are my joy your marriage
your business your degree whatever where
do you find your happiness in whom do
you find your happiness your prison oh
this is hard language and who can listen
to these words but reflect on it cut
scrape melt then maybe I could get a

little reaction from you then I go right
on with the
isn't Asian kinda you know relentlessly
on and then we'll have a longer break
take a couple of minutes stand up
stretch anything you know relax
let's pick up the thread again your life
is in a mess you don't want to get out
of it there was another thing it's in a
mess because you've got wrong ideas not
because there's anything wrong with you
you're okay and I'm okay you're okay
we're all okay
we're great there's nothing wrong with
us they put wrong ideas into our head
somebody did would even spend too much
time trying time trying to catch the
culprit but anyway the fact is he got
wrong ideas you know it's like somebody
gives you a stereo set and you get a
manual of instructions that comes along
with it well they didn't give us a
manual of instructions when they gave us
the gift of life oh let's put it the
other way they gave us the manual of
instructions it was all wrong so you're
not getting music you're getting

scratchy sounds you're getting upset
you're getting conflicts and getting
loneliness you're getting emptiness oh
it was right there in the Bible but very
few people read it really they think
they do but they missed the point I
missed the point maybe I'm an unusually
big idiot but uh I discovered lots of
company after a while I said I mean they
missed the point too they didn't get it
alright so what is the point now there
are many ways of putting the formula I'm
going to give you the simplest I found
I'm going to give it to you in the words
of old Buddha why did I choose him
because his is the simplest of all but
you find it everywhere it's the simplest
of all enunciated with limpid clarity
you're probably going to disagree with
it but you can't miss the point here it
is the world is full of sorrow
the root of sorrow is desire
the uprooting of sorrow is
desirelessness
oh I'm looking at your faces it's
wonderful you're thinking that's great
that's great in your thinking wrong

that's awful because I know how I used
to react to this the world is full of
sorrow great right agreed the root of
sorrow is desire with all right now what
are you going to conclude the uprooting
of sorrow is desirelessness so I'm going
to be a vegetable I mean how do we live
without desires ah you got to see I was
under I got it I got it let's give you a
better translation I mean I I don't
think Buddha would be so foolish and
stupid as to say we ought to have no
desires for heaven's sake I wouldn't be
here if I didn't have the desire to come
here right I wouldn't be speaking if I
didn't have the desire to speak you
wouldn't be here if you didn't have the
desire to come and hear me so let's
let's give him give it a better
translation the world is full of sorrow
the root of sorrow is attachment
the uprooting of sorrow' means we are
proving the dropping of attachments
you know there are desires on whose
fulfillment my happiness does not depend
you got lots of desires on whose
fulfillment your happiness does not

depend or else you'd be climbing walls
you'd be nervous Rex
we all of us have two types of desires
we got desires you know we desire all
kinds of things and gee we're happy to
get them and we don't get them okay too
bad we're not unhappy but we've got
other desires good lord if we don't get
that we're going to be miserable
that's what he calls an attachment
where do you think all conflicts come
from attachments where do you think
greed comes from attachments where do
you think loneliness comes from
attachments where do you think emptiness
comes from you got it same cause where
do you think fears come from my how
clever you are becoming attachments no
attachment no fear ever thought of that
no attachment no here we're going to
take your life go right ahead
no attachment your life happy to live
happy to let go you think that's
possible
you know something people have attained
it so it is possible what I retain it to
yourself attachment

sorry sir you have AIDS you only have
six months to live just six months boy
that's a lot of time to live that's
wonderful happiness hey this guy got no
attachment

you walk into the restaurant think we
left soup tonight what kind of soup do
you have you have tomato soup no sorry
sir no tomato soup no tomato soup for
heaven sake I mean what kind of a
restaurant is this come on folks we're
going somewhere else see if I don't get
tomato soup I can't have dinner
attachment what kind of soup do you have
tomato soup no tomato soup well what do
you have oh we got sweet gone we got
mushroom soup we got chicken broth we
got pretty good I like all of those how
about mushroom let me slip in another
little secret I'm gonna cheat on old
Buddha right now and slip another little
one in while we're on this point you
know when you enjoy the scent of a
thousand flowers you're not going to
feel too bad about the absence of one
nobody ever told you that in your
culture did they they didn't tell me

when you enjoy the taste of a thousand
dishes you're not going to feel too bad
about the absence of one if you
recollect being educated to enjoy
yourselves and dishes so that nothing
upsets you see if we missed that we got
this what do you know oh no no no you
gotta get this that's what your culture
and mine is training us for we got the
wrong instructions they don't give a
damn whether you and I are happy or not
they want us to achieve they want us to
produce that's what they want even if
we're gonna be miserable slaves and
unhappy so so big deal you lost a friend
you know 1 million friend no not that
kind I want one personal unique
unsubstituted friend so if he rejects me
then I'm miserable for the rest of my
life
good luck by not teaching this pig to
sing too dangerous
but that's the way we've been brought up
that's the way it has been for for
thousands of years you gotta have
desires on whose fulfillment your
happiness depends very good for

so-called progress of God huh huh
because you throw all you have into the
the enterprise so called progress
I call it so called because that's not
progress to me that is in progress you
mean isn't it progress when we have
jumbo jets and spaceships very clever
I'll tell you what is progress heart
progress love progress happiness
progress you got that oh sorry we don't
have that you can keep the rest what's
the use of it tell me what's the use of
moving around in aeroplanes with a heart
that is full of misery and emptiness
tell me I'd rather live on the ground in
a jungle and be blissfully happy and
dancing all day wouldn't you maybe you
wouldn't I don't know you see you're
really confronted with a choice of life
or death and what people call life is
frequently death and they don't know it
and you mean to tell me that if you've
got attachments you can love the biggest
enemy to love attachments desire in the
sense of attachment you know why because
if I desire you
I want to possess you I can't leave you

free I gotta get you
I got a manipulate you so they can get
you if I desire you in this way I'm
going to manipulate myself so that I can
hoodwink you into getting you you
following what I'm saying clear enough
oh you're on alright wonderful so then I
got fears you call this love you call
this love I mean you're lacking
intelligence no for heaven's sake I'm
not leaving you free I'm not leaving me
free I'm manipulating you I'm
manipulating myself I'm trying every
means to get you and and this fear and
so it is said so beautifully perfect
love casts out fear no fear you know why
because there's no desire now ask your
culture I've asked mine ask your culture
if it may can make any sense out of this
statement where there is love there is
no desire desire in the sense of
attachment okay okay attachment you know
what they tell you but attachment is
love that's how stupid they are then you
expect to find life you can only find
death and misery they say haha how could
you love if you don't feel attachment

later I'll keep this for the end of the
day I'll talk explicitly about love such
a simple such a sublime such an
extraordinary thing and I really run
into anyone believe me I'm serious I
mean every word I'm saying I run into
all kinds of people
I run into people of all kinds of
religions and I run into Catholics and
then non-religious people you know
people who are atheists or whatever and
I run into Catholics or laypeople and
priests and sisters and bishops and I
really run into someone who knows what
love is they got the wrong instructions
so when I tell them hey how could love
be attachment they're arguing about it
and then of course after five minutes
they say you're right
you mean you've lived 55 years you've
written books on theology and you
haven't seen this he says no well I'll
give you some comfort I lived about as
much as you did and I hadn't seen it
either if that's any comfort to you but
it's so obvious attachment meaning
without you I will not be happy

gotta get you attachment means I gotta
get you if I don't get you I won't be
happy I cannot be happy without you
there you've got the formula for divorce
there you've got the formula for
quarrels there you've got the formula
for friendships falling apart I cannot
be happy without you I need you for my
happiness by them I'll do everything to
manipulate you to get you love means I'm
perfectly happy without you darling it's
all right and I wish you all good and I
leave you free and when I get you I'm
delighted
and when I don't I'm not miserable what
do you know I have learnt to be
self-sufficient I'm standing up on my
own two feet not leaning on you and you
know if I get money that's wonderful and
if I don't get money I'm not depressed
I'm happy and you know something else
when you go away I don't maybe it's too
soon to say that here but anyway I'll
risk it I don't miss you I don't feel
pain where there is sorrow
there is no love tell me when you grieve
whom are you grieving for whose loss

self-pity who don't call it that you're
telling the truth now here's the formula
if you were not actively engaged in
making yourself miserable you would be
happy we were born happy all life is
shot through with happiness all this
pain of course this pain who told you
you can't be happy without pain
come and meet a friend of mine who's
dying of cancer and she's happy in pain
so we were born happy we lost it we were
born with the gift of life we lost it we
got to rediscover it why did we lose it
because we were working actively they
taught us to work actively to make
ourselves miserable how do they do that
by teaching us to become attached by
teaching us to have desires so intense
that we would refuse to be happy unless
they were fulfilled the tragedy is my
dears the tragedy is that all you need
to do is to sit down for two minutes
and just watch how untrue it is that you
would be unhappy without a or B or X or
Y or whatever you know something you
won't sit because if you sit you might
see it you won't sit and look at it I

know I wouldn't I resisted it for years
you mean if I don't get Mary Jane or I
don't get John I won't be happy he wait
a minute that's false before I met him I
was happy you know something I once fell
in love with somebody and then well I
lost

and I was heartbroken so what happened
I'm alright now so she wasn't my
happiness after all remember the time I
was you were a child and you lost
something and you thought I'll never be
happy without this what happened if we
gave it to you today you wouldn't look
at it why don't we learn oh no no we got
to live in illusions it feels good it
gives you a kick doesn't it gives me a
kick we want kicks

we don't want happiness we want thrills
and whatever you got a thrill
you got an anxiety because you might
lose it or you may not get it and you
got a depression following you got a
hangover it's so simple as I told you I
could put it down for you in two minutes
whether you hear it is another question
that depends on your own heart so here

it is the world is full of sorrow the
root of sorrow is attachment desire the
uprooting of sorrow is the dropping of
attachment how does one drop it
one only looks and sees that it is based
on a false belief the belief that
without this I cannot be happy that's
false the moment you see it's false
you're free good luck to you may take
you one minute may take you twenty five
years but the day you see it you're free
you're free as a bird you know you'll be
coming up to give satellite retreats
you'll be talking to presidents you'll
be meeting popes you won't be one bit
face you're free you're free you're
completely free you'll be making an ass
of yourself you won't bother
you won't bother to impress any you know
what that means that you not bother to
impress anybody you know what it means
that you don't give a damn a swear word
in the United States maybe I shouldn't
be using it you don't give a tinker's
damn what they think about you and what
they say about you you know what that
means

oh boy that's freedom you're not
bothered about whether they approve of
you or they don't it's alright you're
happy you know the proof alright too bad
that one failed we move on I'm happy but
that's because you've discovered the
chair happiness does not lie in these
things you've got to see that for
yourself useless reading a book
useless listening to me you've got to
see it and of course you won't see it if
we got the wrong formula I'll deal with
the questions right now okay good all
right and what's the second one second
one the second one is we've been taught
to identify with the sufferings of
Christ can we do that if we're always
happy
oh great questions all right now would
you give me your name again please
Valerie well thank you very much Valerie
thanks for calling I'll deal with the
questions right now okay okay great all
right here goes then does this mean
dropping of attachments does it mean
detachment from the material world
no no one uses the material world one

enjoys the material world but one
doesn't make one's happiness depend on
the material world is that clear enough
like look what I'm saying is you really
begin to enjoy things when you're
unattached because attachment brings
anxiety if you're anxious when you're
holding on to something you could hardly
enjoy it
so what I'm offering you is not a
withdrawal from enjoyment
it's a withdrawal from possessiveness
from anxiety from tension from
depression at loss of something so I
trust that would be clear enough the
second question was a pretty good one
too
we're taught to identify with the
sufferings of Christ how would this link
in with what I was saying about
happiness all right let me clarify this
a bit further maybe the best way to do
it would be by means of a story it was a
great Zen master they say who was
reported to have attained enlightenment
and one day his disciples said to him
master what did you get from

enlightenment and he said world I'll
tell you this before I was enlightened I
used to be depressed after I got
enlightened I continued to be depressed
you seemed puzzled uh you see the
depression hasn't changed his attitude
to the depression has changed he's not
saying I'm not gonna be happy till this
depression goes away because strange as
it may seem you know you could even be
serene and calm and happy while the
depression is going on you're not
fighting it you're not upset about it
you're not irritated about it you're not
trying to know you're serene that's the
difference so can one go through
physical hardships and even emotional
sufferings and not be upset about them
that's the key word that's the operative
word oh to find the secret for this
all right we have another couple of
calls let's try one or two more of those
okay you're on the air let's have your
name and would you identify the location
you're in this is Patrick night on st.
Joseph's Hospital Vienna Georgia great
Patrick thanks for calling let's have

the question wonderful all right did you
hear that if happiness is not attachment
how would you define it in positive
terms thanks Patrick

I hope to deal with that right now my he
he really has me on that one my Patrick
does you know something happiness cannot
be defined at least I haven't found one

I haven't found the definition as a
matter of fact you have no idea of what
happiness is till you've dropped
attachment so it could only be defined

as the dropping of illusion the dropping
of attachment when misery caused by
attachment is dropped happiness is
attained of course one could use words

like peace serenity being above it all
enjoying every moment as it occurs

living in the present the words these
are words you don't know what sight is
till the eye is unobstructed you don't
know what happiness is

until attachment desires are dropped
then you know and the words don't matter
anymore well I trust that's good enough

Patrick let's take one more and then we
take someone in the group here yes

would you identify yourself please and
your location this is rich Redmond at
Georgetown University yes rich the
question is if Christ is a model for us
of detachment and of happiness
how do we identify with his loneliness
in the garden and being a tiger in the
temple and being forsaken on the cross
great

all right thank you thanks rich did you
get that all right you know Christ
himself went through periods it would
seem of loneliness very well identified
by Richard of anger of abandonment in
the cross etc are these states
compatible with happiness what do you
think

is it possible that either because of
one's programming because of one's
culture or simply because of one's human
psyche and body one would go through all
kinds of sufferings and yet somehow be
above it all what do you think yes know
what yes yes before enlightenment I used
to be lonely after enlightenment I'm
still lonely but loneliness isn't what
it used to be anymore you know I think

in the session we'd have after lunch
I'll talk more explicitly about these
phenomena loneliness emptiness where do
they come from what causes them is it
possible that they would disappear
completely I think so you know we
Christians continually teach that Jesus
was a man he was a human being like
everyone else and like every human being
was subjected to all of these things
does one eventually gradually outgrow
them some of us do others don't
Jesus could outgrow them meat may not
have outgrown them one knows so little
about this but this much is clear that
one does have a state of serenity of
happiness even when these clouds pass by
let me give you an example to show you
what I'm talking about you see you've
got the clouds and you've got the sky
and many of the oriental masters will be
saying before this state of what they
call enlightenment or what I'm inviting
you to do to see before they saw they
would identify themselves with the
clothes and they'd be all caught up in
that after enlightenment they identify

themselves with the sky oops there comes

a cloud

black cloud it comes and goes I'll show

you how this is done

this afternoon again it's so simple it

seems incredible and after a while you

say hey about six months since a black

cloud came but you know I'm not gonna

make my happiness on depend on their

coming or not coming get what I say what

I'm saying

all right great or else what's going to

happen now is you're going to be tense

about not being depressed oh gosh so now

another cause you're going to get

attached to this imaginary state that

you call happiness so what we have to do

is watch for those attachments

understand them see that they are based

on a false belief and they will drop

then you'll know what I'm talking about

how about having a question from here

and then we go back to calls that are

coming from outside anyone have a

question here would you stand up please

and wait till Chris comes along with the

mic that would be great give us your

name well the father I'm Peter Shea from
40 University whether you've been saying
a lot about being able to experience
suffering and depression and it still be
a ten-ton detached from it I'm trying to
understand clearly what you're saying
but it seems such a contradiction they
said that you can be happy and depressed
since depression as I've always been
taught is the absolute absence of
contentment and happiness I'm still a
little unsure about that that's a good
question Peter I'm glad you're pressing
it because it'll help me to make this a
bit clearer see aunt depression and
happiness two contradictory states I
think this is what you're saying right
yes and no if for you happiness means
thrills fun pleasure yes they are
contradictory
but thrills fun pleasure are not
happiness what are they they're thrills
they fun they're pleasure they're not
happiness
happiness is a state of non-attachment
you know for many years I didn't even
think such a thing existed for me to be

happy meant to have fun to be happy
meant to win to get what you wanted this
is what people ordinarily understand by
happiness most cultures understand
happiness to mean you get what you want
so you're happy you know the way it is
yeah I got what I wanted I'm happy but
that isn't happiness that's a truth
that's getting what you want
depression is frequently not always not
getting what you want it's the opposite
of the thrill you're going for thrills
you're going to be depressed it's the
other side of the pendulum or you can
have to do a lot of thinking on that
it's the truths that cause the
depression of course depressions have
physical cause causes too so you see I'm
not talking about happiness meaning
thrills fun pleasure I'm talking about
happiness meaning one is above it all
one is serene one is not attached to
it's coming and going there's one more
thing I'll add the more you fight
depression the worse it gets
don't resist evil when they strike you
on one cheek turn it off or the other

when you take away one devil seven more
come how does one deal with these things
by not fighting them because the more
you fight them the more you empower them
quite a number of calls let's take a
couple more yes you're on the line let's
have your name and the location and your
question

hello I can see where you're getting me
Susan I'm not biting but thanks thanks
that's wonderful I'll deal with that
okay Susan thank you very much thank you
thank you very much you see when she's
thinking we do also have you well well
okay look I think and let me say this
quite unambiguously I think that the
United the Church of the United States
in quite a number of areas is that the
cutting edge today it's offering
leadership to the rest of the world and
particularly in the matter of women's
rights and I think centuries hence the
church is going to be grateful for this
and of course you're running into your
difficulties every time change is in the
offing you're going to run into conflict
you're going to run into difficulties

because people hate change they want
don't want change they want progress
without change
all right so you're naturally going
through your birth pangs and you're
teasing difficulties in the church etc
but let me add this you know there's a
lovely sentence in the Hindu scriptures
the bhagavad-gita where the Lord Krishna
says to Arjuna to the kind of the main
character in the book as some of you may
probably know the the setting the scene
is set on a battlefield and this young
prince is saying why do I have to get
into battle and the Lord says to him
very beautifully
he says plunge into the heart of battle
plunge into the din of battle and keep
your heart at the lotus feet of the Lord
that's the formula plunge into the din
of battle and keep your heart at the
lotus feet of the Lord at peace is it
possible to get into the din of battle
to fight the good fight and be at peace
of course it is of course it is all the
great mystics attained that because if
you're not at peace believe me you're

going to do much more damage than good
all the damage you wanted to do you know
why because it isn't the lord's battle
you're fighting
it's the egos battle and the sign that
you will know that it isn't the ego the
cause is a very just one but when your
ego gets messed up in it
oh gee so there it is you could get
right into the battle I'll have more to
say about this in the next session you
get right into remedy situations but
your heart is at peace and nothing's
going to destroy your happiness wouldn't
it be awful if you fought the good fight
and you lost your happiness as a result
don't have to do that one more yes
you're on the line hi Michelle all right
I'm from the University of Dayton
marvelous going ahead Michelle we're
listening okay
you said when you talked of true freedom
you bet not to bother whether someone
approves or disapproves if they don't
approve you say so what I'm happy my
that's tremendous go right ahead you
okay with that understanding that

because I thought that was sort of
selfish I thought you should also have
freedom and doing things for others it's
not necessarily for approval but just
for the sake of giving oh that's
marvelous yes all right Bashar thank you
thank you yes well maybe I didn't make
myself clear enough see I'm not saying
we don't care about other people we care
very much we're very sensitive to them
but we're not controlled by their
approval or disapproval see I'm glad she
brings this up so gives me a chance to
make it clearer so you're very sensitive
to people but you're giving them what
you think is good for them but you're
not being controlled by them do you
follow what I'm saying in other words
I'm not going to desist from what I
think is good just because you
disapprove and I'm not going to do what
I think is bad because I think you
approve so I'm not being controlled by
you only there is true love good let's
get another one
isn't it marvelous we can get these
people from all over the states this is

great yes you're on the line you're on

the air you're on the air right now

[Laughter]

what's your name I want to know why

religions seem to so often always get in

the way of happiness for people why

would you say that again please

why does religion like organized

religion seem to always get in the way

of happiness why does it always seem to

get in the way of happiness well alright

would you give me your name please

the truth is allocation you know it's

it's mystical quality yes it's lost it's

missing all right thank you thank you

well I wouldn't say religion always gets

in the way of people no no no it's

always in danger of losing

it's mystical quality how true how true

how true you want to see politics you

find it in religion you want to see

dirty infighting you find it in religion

you want to see crucifixions of Messiah

where do you think you'd get it from

religion so it's like you know it's a

sad irony and it's right there in the in

the New Testament the horror of the New

Testament is that it was reserved to the
religious people to crucify the Messiah
not the Romans not the colonialists not
the multinationals not the imperialists
not the bloodsuckers the moneylenders
but the religious people that's the
horror of the New Testament so it is
true that religion is always in danger
of doing this but religion also
preserves the mystical element I think
we'd be too one-sided if we denied that
you know heavens what I have seen what I
have seen these years these last few
years if I had not been a Jesuit and oh
yes you know the organization has lots
of disadvantages tremendous
disadvantages I can see that it has all
of its handicaps I sometimes think it's
something like our mother see mother has
her good points and her bad points and
she's mother we love her with weather
weather all kind of sea and sometimes we
don't take too much notice of what she's
saying she belongs to another age okay
and sometimes we take some of her great
wisdom and we learn to kind of assess
what's good and bad and we love her just

the way she is so we so I can see how
religion while having all of its its
drawbacks it's tremendous drawbacks we
always have to be on the alert we
religious people to see that it doesn't
come in the way of truth and of the
mystical it also thank God still keeps
some of its beauty and some of its
original goodness
and then we come to the right here on
the line my great questions Marine thank
you okay thank you
all right does it mean we withdraw from
the human endeavor having no attachment
no no no plunge into the dinner battle
and you know you have so much more
energy believe me when you have no
attachments you've got all of your
energy available to you the great
Chinese sage Chuang Tzu how marvelously
he puts it I remember learning this by
heart let's see if it comes off if it
doesn't come off we won't feel bad will
we well let's let's get started all
right he says when the archer shoots for
nothing he has all his skill when he
shoots for a brass buckle he is already

nervous when he shoots for a price of
gold he goes blind he's out of his mind
he sees two targets his skill has not
changed but the prize divides him he
cares he thinks more of winning than of
shooting and the need to win drains him
of power isn't that sublime the need to
win drains him of power if he didn't
need to win he'd have so much more
energy so no one joins in the human
Enterprise of human dreams and visions
and goals
marvelously and so creatively as the
person who's unattached you know
unfortunately we've come to associate an
attachment with not caring with not
enjoying with the citizen no I'm not
talking about that at all well you see
this as we go on I guess along the day
and that seconder that's a bit more of a
touchy question the one of grief well
shall I tell the truth or shall i soften
it what do you think you you better
decide that soften it alright alright
we'll say it like it is
I wouldn't grieve if I wasn't attached
I wouldn't grieve if it were not for my

loss

I wouldn't grieve if in some way you
were not my happiness but when I enjoy
you wholly I love you in the sense of
I'm sensitive I care it is your good I
see and I leave you free and you are not
my happiness I have not given over to
you the power to decide whether I will
be happy or not then I do not grieve at
your absence or at your rejecting at
your rejection all at your death that's
hard you may need many months to digest
that one but until you arrive at this
state all right
grief is wonderful one drains it out of
one's system gradually and then one
comes back to life again they tell me
there's a call from Canada how about
taking that one would that be alright
okay let's give Canada a chance ok
Canada you're under on the air that's
wonderful I would my name is Charles
Beck Donald Charles alright Charles
Charles calling from the
birthday college of Cape Breton uh-huh
Tiffany Nova Scotia Canada wonderful
well I like very much your comments

about lost opportunities and those
images you brought very stories about
the fisherman that's right beautiful
story
now I think that a lot of people believe
that the world isn't a mess but they
don't think that their own lives are in
a mess and how then you want to solve
the world's best is through commitment
to causes I'm wondering how do you
distinguish between commitment okay okay
thank you very much thank you very much
the two things there first the words in
a mess I'm in a mess you know don't hide
behind a Peace Committee it solves
nothing you know when a bunch of wolves
sit in on a Peace Committee you're not
gonna get peace when a thousand wolves
organized for justice you're not gonna
get justice you got a deal with the
wolves so he's so right in saying we
gotta take a look at ourselves too but
then the other thing how does one well
commit oneself to a cause well let's
find commit yourself wholeheartedly into
the dinner battle but you're above it as
somebody said so beautifully once for

peace of heart resign as general manager
of the universe like I'm not the general
manager I do what I can
I plunge in and the result is left to
God to life to destiny let's take a
couple of calls from here and then we'll
end the session anybody have a call here
all right would you wait to the
all right hey you doing um I'm Paul
Provost Oh from the marital School of
Theology yes boy and I'd like to ask
this before you said we have to watch
out for attachments so we can become
unattached when that result in anxieties
of constantly worrying about what you're
attached to is how do we break this
vicious cycle okay all right no I
wouldn't say watch out Paul
I'd say watch them look at them
understand them study them like how does
one detect an attachment the moment
there's upset there's an attachment
lurking under it now you'd say upset huh
hmm because you know not getting what
you want
mm-hmm oh you're getting what you don't
want that's right or you're about to

lose what you want that's right which
means you're refusing to be happy unless
you get what you want
yeah here wait a minute
you mean if I don't get this I'm not
gonna be happy you mean this is my
happiness you mean a person a human
being cannot be happy without this oh no
you can she can there are human beings
so happy with all this
this might take you anywhere from two
seconds to two or three hours to five or
six days where you wouldn't be thinking
about this repeatedly but your mind is
going at it you know I'll tell you one
thing
the moment you dare to expose yourself
even for two seconds to truth you're
finished you're finished because if you
glimpse it even once something and you
will be taking you back to it that's why
maybe something inside of us fears -
look if you see well may take a while
but you'll be driven back again and
you'll be increasingly freed and made
happy and liberated I thought there was
another question here yes

my name is Patsy Catterick and I'm from
the Graduate School of Religion at
Fordham basically my question revolves
around this there seems to exist a
tension between being aware of a state
of detachment that's probably not the
right way to put it and also that
pulling toward what society says you
have to do to be successful and how do
you resolve that tension or even that
sense of one's pride that gets in the
way

wait okay thank you thank you did you
get the question it's like a pull on the
one hand happiness peace serenity being
self possession if you want being above
it on the other hand that drive that
society has put into us to be successful
how does one resolve it just redefine
success redefine it what is success now
that's not going to come easy if you're
too much in the grips of what will they
think what will they say what Pat's
calls pride

I wouldn't call it pride I'd call it a
kind of a total dependence for one's
worth on others

if you think I'm worthwhile I'm
worthwhile if you add judge me a success
I'm a success if you don't I'm not oh
who will give us the grace to break out
of that when I meet a man or a woman who
has broken out of that I salute not the
other ones the big commanders and the
president's own
very inferior human beings not one bit
better than the average lustful greedy
frightened anxious ambitious grasping
controlled like puppets by what people
think and what people say and so
captured so enslaved by the desire for
power and listen you want me to respect
that
but then I run into a guy like Ram
Chandra my he has my admiration I run
into the kind of person this aids victim
in st. Louis I didn't have the privilege
of meeting that man but that man has my
admiration see we're admiring the wrong
thing with things bats and this goes for
most of our religious institutions they
say you gotta make it and it's so
honored that an ex alumnus has become
blah blah is this what we value see so

or do we value the person who has broken
out of the clutches of society do we
value riches like you're giving a
million dollars you get the front row
we've Christian institution did you say
father so it go see as somebody pointed
out with so much in danger we're
brainwashed we're boom bombarded
constantly by this viewpoint
we're indoctrinated now I'll address
myself to this question so that way it's
a nice introduction to what I'll be
saying this afternoon I'll be addressing
myself to this question this afternoon
after about an hour jus this
stranglehold that society has on us is
it possible to break out of that ok here
we go again
ready for more work
all right I thought of a couple of
stories to tell you on my way here to
illustrate a bit what I was trying to
communicate this morning see then while
I was sitting here waiting for for us to
come on I thought of a better one
there's a Japanese master fellow called
Boco Zhu si every time I think of his

name I imagine a plump rotund kind of a
guy happy-go-lucky soul boku jus it was
said of boku jus that every morning when
he woke up he'd give a great big belly
laugh that resounded through the two
hundred and fifty cells of the monastery
everyone could hear him everybody woke
up with that laughter like the alarm
clocks a great big belly laugh and he'd
go on for about three or four minutes
and the last thing he did at night
before he went to bed was again let out
a great big belly laugh and then he'd
get up on his mat and go to sleep and
the disciples were very curious to know
what it was that made the master love
and they tried their level best to get
him to tell them but he wouldn't and he
died without telling them that's the end
of the story

[Laughter]

so all kinds of people have been trying
to figure out what was it that made him
laugh I got a couple of hunches myself
you know we have an Indian mystic an
Indian mystic called Kabir Kabir has
some extraordinary mystical poems and

one of them begins with the line I
laughed when they told me that the fish
in the water is thirsty how about that
one I laughed when they told me that the
fish in the water is thirsty you mean
in the water mm-hmm you're a fish you're
thirsty oh come on but we are aren't we
or another line that I read last summer
somewhere here in the states of an
African hunter a well an American hunter
who would be hunting in Africa
he said he he lived with some natives
there and whenever they were in danger
he said was quite extraordinary they'd
look at us white men says this man with
a strange kind of curiosity when they
saw fear in our eyes it was
incomprehensible to them to this
particular group of natives okay it was
incomprehensible to them says this
writer like looking into the eyes of
fishes who were afraid to get drowned
that's pretty good too can you imagine a
fish scared of drowning and so again and
again the mystical teachers of the world
have been posing this question they're
they're puzzled why are they unhappy

that kind of thing why are they scared
that kind of thing and of course still
one has seen it makes sense to feel
scared it makes sense to be unhappy you
know when I talk about fear I'm not
talking about the present a response to
immediate danger not talking about that
that the animals have
I'm talking about fear of what's going
to come fear of what's going to happen
I'm talking about that and this the
Mystics tell us doesn't exist in their
mind simply doesn't exist
boy what a state to be in extraordinary
well here we are with these no there's
another nice story about this there's
this camel trader an Arab who's walking
across the Sahara Desert and they
pitched tent for the night
and the slaves you know drive pegs into
the ground groan and tie the camels to
the pegs then they come in to say to the
master
there's only there are only 19 pegs and
we've got 20 camels how do we tie the
20th camel and the master said these
camels are stupid animals just go

through the motions of tying the camels
and he'll stay put all night which is
what they did and the camel stood there
you know invincible and next morning
when they lift a tent and they continued
on their journey the slaves came to
complain that all the camels were
following except this one this one
refused to budge and the master said you
forgot to untie him they said oh yes so
they went through the motions of untying
him that is an image of the human
condition

we're scared about things that are not
were tied the things that don't exist
they're illusions the falsehoods the
beliefs they're not realities the
Agony's we go through over things that
we have we have convinced ourselves our
happiness depends upon but it doesn't
just does it and we don't want to see it
again

the Mystics I mean I guess they
understand this because they went
through this themselves they're an
amazement that the human being would
deceive himself for these people would

fool themselves in this way now you know
what I'm going to offer you today is the
beginning you don't need anyone else to
to show you the way if you keep
following this as I said to you in the
previous session you just get a glimpse
of this and you keep at it you'll find
the way and sooner or later you'll
discover what this means you tied the
things that don't exist they don't exist
the story of the disciple who goes to
the master and the master says what have
you come here for and the man says
moksha moksha is the Sanskrit word for
freedom I've come for freedom Oh freedom
says the master mm-hmm go and find out
who has bound you so the guy goes back
and meditates for a week and comes back
and says no one has bound me and what do
you want freedom for says the master and
in that minute the disciples eyes are
opened and he attains freedom he attains
liberation what have you come here for
freedom go and find out who has bound
you well no one has bound me and what do
you want freedom for you're free already
why do you seek it but you don't

understand it because you've dyed
yourself
with all kinds of imaginary chains so
this is going to be the theme of the
present session we're gonna take it a
little bit at a time okay
we take little breaks and stuff so there
won't be too heavy on you let's take it
one step at a time there's one of these
Beatles Lennon I think his name is I
read a marvelous sentence of his
marvelous sentence he says life is
something that happens to us while we're
engaged in something else Oh beautiful
beautiful life is something that happens
to us while we're busily engaged in
something else worse life is something
that happens to us while we're busy
suffering all sorts of other things you
know I have a perfect image for this
you've got a concert hall there's a
symphony that's going on the orchestra
is playing you've settled down nice and
nicely and comfortably in your seat kind
of the dark atmosphere and you're
getting ready to to hear the music and
to enjoy it and then suddenly you

remember that you forgot to lock your
car oh gosh what do you do now you can't
get out to be too disturbing you cannot
enjoy the music and you're caught in
between that is the image of life for
most people
constant anxiety what do I do now what's
gonna happen next how do I cope with
this how do I deal with that now you
seem to recognize that you mean is
another condition possible it is it is
it is you know what are you religious
for what is the use of your religion if
it isn't giving you this you got the
dogmas right you've got the beliefs
right you got the ritual right you've
got everything right but your life is
all wrong what's the use of it you got
the menu but you got no food to eat
what's the use of it
you got all the Lord Lord right but
there's no life huh why do you call me
Lord Lord and not do what I'm telling
you what's the use of it if you don't
know how to use it so here goes how does
one use it let's begin with your upset
remember we talked about upset this

morning you're upset because of your
attachments so let's begin concretely if
you remember nothing else from today
except what I'm going to say in the next
five minutes that'll be worth while
you're upset what is it that upset you
somebody died somebody betrayed you
someone rejected you you lost something
your plans have gone awry something's
gone astray whatever can you think right
now even as I'm talking of something
that has upset you in the recent past go
on do it I'm gonna give you three or
four seconds to do that think of
something that has upset you in the
recent past or or is upsetting you right
now
then get your soul ready for a shock
here it comes

I say it just like it is I'm gonna throw
the LOB the bomb right into your mists
midst listen to this nothing in reality
nothing in life nothing in the world
upsets you nothing has the power to
upset you did anyone tell you that all
upset exists in you not in reality you
can underline the word all all of it all

of it all of it all upset is in you
nothing like not in reality not in the
world it's in you just understanding
this has changed the lives of people I
mean a 180 degrees round just
understanding this and no more reality
is not upsetting
reality is not problematic if there were
no human mind there would be no problems
all problems exist in the human mind all
problems are created by the mind
somebody said to me in Denver last
summer wouldn't there be some problems
that exist in reality and not in me I
said to him if we take you out of there
where's the problem no problem now to me
this is a truth so simple a
seven-year-old child could understand it
but I've met people you know who are
doctors and all sorts of things but they
never never understood it never
understood it it just took for granted
that problems exist in the world
problems exist or by problem I mean
something that upsets you okay I'll
repeat that my problem I mean something
that upsets you they think it exists in

the world they think it exists in other
people they think it is in life no no no
it's in them as simple as that
nothing has the power to upset you now
I'll work that out
concretely somebody broke their promise
okay you're upset what do you think
upset you broken promise mm-hmm
because I could bring another individual
here in your place and she or he is
faced with a broken problem a broken
promise and is not upset how come you
got upset now you choose to think you
were trained to think there was the
broken promise that upset you
wasn't the broken promise it was your
programming with your training you've
been trained to upset yourself every
time you're faced with a broken promise
you're planning a picnic on Sunday and
the picnic gets rained out where do you
think the upset is in the rain or in you
in the rain or in your reaction to the
rain I'll repeat that the upset feeling
is not caused by the rain but by your
reaction to the rain someone else would
react differently no upset of course you

can see that I'm building on this
morning statement if you had not made
your happiness depend on it's not
raining you wouldn't react this way
right but you've been trained you and I
have been trained to make our happiness
depend on certain things and so when
those things don't happen thanks to our
training thanks to our programming
thanks to that false belief if this
doesn't happen I'm not going to be happy
well what do you know we we upset
ourselves some very interesting examples
of this let me give you examples from
other cultures huh last summer a friend
of mine here in New York told me a very
interesting gave me a little
anthropological detail of a tribe in
Africa he said you know their method of
awarding the death penalty is the
following they don't have any electrical
chair electric chair they don't have
death by hanging
they have death by banishment so you
belong to the tribe and you have
committed a capital offense and you're
banished and this friend of mine said

when this the sentence of banishment is
read within a week or so the person dies
would you die if somebody read a
sentence of banishment on you I wouldn't
I don't think you would either would you
what do you think I mean we might feel
it right me we're banished to another
place but he wouldn't die for heaven's
sake they died literally the Jesuit
friend of mine in Mexico who told me
about a belief among the natives in one
part of ninth of Mexico that if they
touch a certain type of stone they would
die they're quite convinced of this so
there was a youngster who was running it
seems and then his foot touched this
kind of cursed stone and the boy came to
father and said he was going to die and
father said oh that superstition I don't
believe this well that night the boy's
mother came to the priest and said
father would you please come with the
last sacraments and father said look
that superstition don't you encourage
that kid or he's going to really you
know it's going to be a kind of a
self-fulfilling prophecy this is rubbish

etc etc so he didn't go well the next
morning the kid had died he had
literally died he was convinced of it so
he died one hears of students in certain
cultures in certain communities in
certain countries who take their
examinations so seriously I hope you
don't take those blessed examinations of
yours as seriously take them so
seriously that if they fail they they
commit suicide

I know people who fail and say great
doesn't matter at all and somebody else
suicide why the difference in reaction
now let's draw the conclusion who killed
him who killed her the examination the
failure what do you think let's get some
response what do / do you say herself
her reaction right her reaction you
could say about the the guy who was
banished to there from that African
tribe suppose I said to the judge the
banishment killed him
the banishment did not kill him it was
his belief his culture
his indoctrination his programming that
killed him the kid whose foot touched

the stone did the stone kill him oh no
no it was his belief his programming you
got that much now we apply to our daily
the daily life and the application is
devastating explosive it you could
explode into happiness forever you
really could I'm going to even get you
to try to give you a little bit of a
break and I'll give you an exercise on
this and some of you are going to
experience it right here in this room
watch something has upset you did you
hear that expression something has upset
you that's the way the English language
is that's the way all languages are
something upset me nothing upsets you
the accurate way to speak would be I
upset myself on the occasion of
something that who speaks like that
so you upset me no no your behavior
occasioned my upsetting myself but we
hate it don't we we love to make the
world responsible or people responsible
a life were responsible or God
responsible you did it not the upset
not the upset are you getting some
inkling of what it would mean if you

really grasped this you'd be above it
all that's how that's one nice
definition of spirituality spirituality
means to no longer be at the mercy of
any event or any person or anything hey
I didn't say not to love people I said
you're not at their mercy anymore
you're no longer at the mercy of any
event or of any person or of anything
in other words no matter what happens
you no longer upset yourself and we're
spending years I mean studying
spirituality writing about it reading
books on it taking courses on it but hey
I want to see are you still upset
do you still upset yourself on the
occasion you do what's the use of all
your studies life is passing you by
while you're sitting in that concert
hall unable to enjoy the music unable to
lock the car caught in between all right
now let's see if we could work this out
come quickly if you can give me two or
three examples of upsetting what we
generally call upsetting situations or
upsetting persons if it were personal to
you that would we be even better but it

doesn't have to be personal huh

it could be something that you

experience something that someone else's

experience what's your name

Kat Kathy Kathleen all right go ahead

Kathleen all right if someone died so

here's an example okay someone dies and

I'm upset what upset me the death of

this person no if I'm upset by it I've

been programmed to be upset when someone

dies not take your time for that that

goes against everything your culture and

mine has taught us we've been taught to

upset ourselves when we lose somebody

we've been trained to upset ourselves

when someone rejects us disapproves of

us leaves us dies on us we've been your

goals get ready for a scandalous

sentence we've been trained

to depend emotionally on people to not

be able to live emotionally without

people I stress emotionally so well

naturally I'm upset because someone I

was attached to has died the death upset

me on the occasion of this I have been

trained to upset myself it sounds almost

blasphemous huh it's awful

think it over let's get a couple of
examples more yes there's enough to eat
all right excellent
oh oh okay say it again sings on the
street who doesn't have enough to eat
seeing someone on the street who doesn't
have enough to eat that's a great
example because it seems like look we
ought to be upset now let me take that
slowly all right I see someone on the
street who doesn't in hell have enough
to eat
is that an evil what do you think yes or
no yes obviously all try to do something
about it in as much as I can
yes or no good great so far you're
getting all the right answers okay I'm
gonna catch your water third do I need
to upset myself in order to swing into
action and do something about it great
my you're getting A's everywhere you
know there's an assumption that if you
don't upset yourself if you don't train
people to upset themselves they're not
going to do anything but look here's
someone who doesn't have enough to eat
and that's a calamity now you've gone

and upset yourself we got two calamities
could we could we deal with this
calamity without having another one
added but you know lots of people cannot
even conceive of they're swinging into
action without their first upsetting
themselves it's something like this
you're standing in a line somebody
breaks the line now look you want to
take action that's fine you want to say
it's wrong you're right
you want to do something about it do you
want to push him away that's fine
but you know what you're doing you're
saying you misbehaved so I'm gonna
punish myself look how logical this is
okay because when I yeah because we say
I say to people why do you have to get
upset they say that isn't human it isn't
human look what you're doing he
misbehave right so good so what you're
going to do is raise your blood pressure
lose your peace of mind miss your sleep
tonight say look since you misbehaved
I'm gonna why why would you punish
yourself you're innocent but you think
people would understand this I mean

educated people so-called reasonable
people their culture is built on this
how could you not upset yourself you
mean you're not upset no but you're
planning to do something evidently oh
yeah very much so we're not upset no why
should I upset myself why should i
punish myself because he misbehaved
plunge into the din of battle and keep
your heart at the LAT peace and the
lotus feet of the lord get into the
dinner battle but there's a fear see
people who trained us the people who
programmed us feared that if we didn't
upset ourselves we wouldn't do anything
it never occurred to them to realize
that when you upset yourself you have
less energy to do something and you have
less perception you're not seeing things
right anymore you're overreacting
I know nothing about boxing but they
tell me
that the last thing a boxer in the ring
ought to do is to get upset or lose his
temper because then he's lost the match
they tell me too that the first thing
his opponent is trying to do is to get

him to lose his temper so then he loses
coordination and perception and how
often people who get into social
projects great projects for the welfare
of others they get so him involved
emotionally and so upset that they
destroy the very work they set out to do
they lose perception they overreact one
more example

let's see any other example yes okay
great

all right give me a name Maureen the
question is suppose there's a crime done
against you shouldn't you be upset about
that let's I know it's like your people
have stolen something from you

a did you say your name is Maureen
Maureen we didn't say don't do anything
about it okay all right all right now
how about that there's a crime done
against you does that justify your now
upsetting yourself right yes or no does
it justify you're upsetting yourself no
no but look if it seems almost

unrealistic to even think in these terms
now do you understand what I was saying
this morning that when you begin to talk

to people they don't want to hear they
say you'll get away you're crazy you're
mad get away all right bye
does this remind you of a gospel
sentence when they want to hear you go
away go somewhere else don't waste your
breath you don't want to hear you don't
want to be happy they don't want to
change alright let them be why would you
want to waste your breath do you have a
need to give yourself the good feeling
that you're converting everybody and the
cause of their enlightenment maybe you
ought to look into yourself now you're
not going to be happy unless you set
yourself up as the great master huh see
they don't want to hear great all right
that's their responsibility so every
time well let's let's word it this way
nothing in all of this world has the
power to upset you
nothing as a matter of fact nothing has
ever upset you nobody has ever hurt you
how about that one
my you're not going to heal like this oh
no you mean nobody had me are we are no
no one ever hurt you you stupidly hurt

yourself

now that brings me to part two oh they

didn't hurt me right reality didn't hurt

me right so I cannot lash out against

them so who did the damage all me me

hurt me yeah and I'm gonna lash out

against me I'm gonna hate me for doing

this you're getting what I'm saying

why do I do this I'm getting angry with

me I'm getting upset with me what do you

know now well I got good news for you

they didn't do it to me the world didn't

do it to me life didn't do it to me and

best of all I didn't do it to me isn't

that wonderful

then who done it

[Laughter]

look honest-to-goodness would any of you

in your right mind sit down and

knowingly and willingly and deliberately

upset yourselves come on do you think

any of you would do that no we wouldn't

we're not going to upset ourselves

deliberately it's as if this is

something beyond our control right so

stop blaming yourself this has been

stamped into you you've been programmed

into this you've been conditioned this
way this is what you got to understand
you see you don't have to do anything
for enlightenment you don't have to do
anything for liberation and for
spirituality all you have to do is to
see something understand something if
you would understand it you'd be freed
so

I'm upset I've upset myself they did it
to me wrong I did it to me wrong it's my
programming that's doing it to me it's
the culture that's doing it to me this
is the way I've been brought up this is
the way I've been trained that native in
that part of Africa is banished the
sentence killed him
wrong he killed himself wrong
it was his programming that did it so
we've been programmed this way you know
one of the signs of maturity my dears is
the following very hard to define
maturity but I've come up with a fairly
workable definition maturity is when you
no longer blame anyone you don't blame
others you don't blame yourself you see
what's wrong and you said about
remedying it that's one pretty good sign

of maturity you know you'd be amazed how
childish people are this suit childish I
mean if you seen a little child as a
matter of fact you can almost take for
granted that in its present state of
lunacy 99.999% of humanity is childish
just hang around hang around for half a
day you'll find our greatest men and
women indulging in acts of childishness
utterly childish you know the way a
child behaves a little kid I don't know
here about here in the states but in
India I mean they bumped their knee into
a table I'm just saying when everybody
goes who hit you the table knotty table
naughty table
Oh table naughty table and then the kids
feeling good see a childish that is ha
ha ha so they're coming to you say now
who hit you my wife my husband my
superior aren't they awful they're
terrible and the little baby's feeling
good and he's the president of whatever
big Association or country or whatever
oh my god how how childish can I have a
person here and they don't know they're
childishness

they gotta blame somebody but nope
maturity is to understand that no one is
to blame or better still more accurately
put not to give yourself the childish
emotional outlet of blaming others or
yourself but rather seeing what went
wrong and setting about remedying it do
something about it see so they're not to
blame you're not to blame it's the
programming that's doing this to you
now you're probably a bit too tired to
do any exercise or anything but I'm
still going to offer you one it'll only
take a couple of minutes see if it has
any effect on you think of something
that till now you would have said has
upset you I told you to think about it a
little while ago go back to that and
understand that it wasn't that thing or
that person that upset you
it was your programming was your
programming
it wasn't their meanness it wasn't their
disapproval it wasn't their rejection it
wasn't the failure was your programming
that upset you see what happens to you
my if anyone would would summon up the
courage to tell us what happened to him

or her that would be splendid
anyone wants to tell us if you had any
success doing it and what happened to
you
okay would you come up here please Chris
great would you stand up please yes I
would theme seemed like your whole
culture is told you to feel upset in
that situation take that away leaves you
feeling like you're lost all right so
you react with the feeling of gee I'm
lost something like that somebody else
had a hand up here oh okay
all right you've made me realize
something really really incredible
Thanks um until now I have always
identified with what I felt okay and now
I know that I am NOT my feeling I am NOT
my unhappiness I am NOT my displeasure
but it will go away
great so you were able to distance
yourself from the unhappiness right and
say well it'll go away all right how
about you my response is similar you'd
have to concert point where you have to
let go of it all right and and realize
that you're the one that has the power

not okay a similar response

it's like Yolo one afternoon let go of

it did you say okay look when you're

able to do this repeatedly again and

again the general universal experience

is the following

gee this thing upset me first step

second step

uh-uh it wasn't this thing that upset me

it was my programming that upset me oh

so I don't have to deploy all of my

energies fighting that outside thing

right now I right I don't have to spend

all my emotional energies blaming that

outside thing that's right

funny this thing gets gets depleted it

keeps going down

you know because as long as I've got an

enemy out there who's upsetting me I'm

demanding that that change I'm refusing

to give up my upset unless that thing

change am i clear enough like if I think

would you give me your name PJ now if I

think PJ is upsetting me then as long as

he is there and he's indulging in the

behavior which I say is upsetting me I'm

refusing to give up my upset unless he

reformed he changed he disappear he get

away or whatever right but let's suppose
PJ refuses to get away let's suppose it
isn't PJ but its life and life persists
in being that way so I continue to be
upset now the moment I say hey wait a
minute
it isn't PJ it isn't life my programming
oh is that what it is that's right you
know he could be right there doing
exactly what he's doing now and I
needn't be upset other people in my
position wouldn't be upset
it's my programming oh that's a
revelation and the upset is going down
down down down and after a while you're
getting less and less upset about fewer
and fewer things am i clear enough am i
okay now comes the big pardon me huh I
don't mean to be insulting or anything
but you're going to enjoy this now comes
the big American question how do we fix
it

[Laughter]

like okay he's not upsetting me I'm not
upsetting me the programming is
upsetting me how do I fix this you know
the big oriental answer you don't fix it

you let it be it'll go away the more you

try to fix it the stronger it gets

see that's another mind blowing thing

don't fix it

let it be happy it'll go away really

will if you've seen this if you've seen

but don't I need to know where this

programming comes from that's a help

it's a but not necessary and if you're

hell-bent on getting it I've got to find

it out where it comes from and I got to

change it you're gonna make it worse you

can be sure of that

lots of people never change because

they're so determined to change they're

so determined that they never change

it's so tense they're so anxious that it

gets worse so here's another thing that

particularly people in the West and in

the East were all the same you know the

kind of stuff I give you here I give in

Japan and I give in India and a given

Spain and Latin America and everywhere

and everywhere the people are the same

you've got a thin veneer of culture

that's different but deep down were all

the same same problems everywhere the

hatred is the same the conflict is the

same the guilt is the same the the
dependence and people's opinion and on
the emotional dependence on approval is
the same it's exactly the same just
scrape off the exterior culture we're
all the same now everywhere people are
trying to fix it too how do I change it
you don't change it you understand it
you look at it you observe it it'll take
care of itself then what happens is you
don't change it life changes it nature
changes it the way you don't heal
yourself nature heals itself you just do
something to aid the nature so
me wrap this up and we take a tan of a
seven minute break to field questions in
case I've not been care enough and to
aid the questions I'll make it a little
more courageous okay but make it a bit
more outrageous when something happens
that we commonly say upsets you it isn't
this thing that upsets you life is not
rough on you life is easy
it's your programming that is rough on
you life is easy life is delightful
think of my friend Ram Chandra the
rickshaw puller all right

so it isn't this thing outside there
that's causing the upset it isn't you
that are causing the upset it's your
programming you got people you're living
with you're having difficulty in human
relations human relations are never
difficult it's your programming that's
difficult there are never any
difficulties in relating to people there
are only difficulties in your
programming how come you're getting
upset you mean it's possible to live
with a guy who's losing his temple every
day and not get upset yes yes very much
so not be upset
you mean when somebody insults you
you're not getting upset that's right
why not why not not be upset when
someone insults you I mean when the
letter isn't received it's sent back to
the air to the man who wrote it or the
woman who wrote it you don't receive it
it goes back
how come you received it you know why
you got insulted insulted or why you
were upset by the insult because you
took it that's why silly
where did you take it you mean it's

possible not to take it

you mean you call this being human

living like a little monkey anyone pulls

a string and you jump I'll tell you what

it means to be human you know what it

means to be human is it's something like

this a guy goes and buys a newspaper

every day from a newspaper vendor the

newspaper vendors always rude to him so

a friend of his says why do you buy your

paper from this guy he's always rude to

you why don't you buy it from someone

else just next door says this guy why

should the vendor decide where I buy my

newspaper why should he have the power

to decide that now you're talking about

a human being

otherwise you're talking about monkeys

you could control them just twist their

tail a little and they they act in

predictable ways programming programming

so it isn't the person who is upset you

it isn't you who have upset yourself

it's your programming all you have to do

is understand this and distance yourself

from it understand it you want to do

something about that programming if you

can fine is it necessary no if you're
understanding it you know it comes from
your programming not from you
not from them it'll take care of itself
it really will you'll be amazed that
after a few months things that before
would have made you sick with anxiety or
suffering or with with whatever you can
take in your stride with perfect peace
you're quite relaxed about that's the
spiritual life that's dying to yourself
dropping that programming you drop it by
understanding it for what it is call it
by its name

all right we have a couple of calls I
think Scranton's on the line so we face
in the world you describe is it possible
to send the second do you liberate
ourselves or this grace grace free us
and reserve it may I not take action
even though I am not upset that an
injustice I see if somebody jumps in
line is that it made I'm not going to
let them upset me but may I say X take
action great okay thanks Jane so here we
go we'll begin backwards when somebody
jumps into the line ahead of me may I
not take action oh no go right ahead and

take action take all the action you want

okay yes it's okay the point is you not

take you're taking action to right or

wrong you're not taking action to

relieve an upset feeling you see the

difference

that's the big difference so go ahead

and take and I take action but you're

taking action to write something that

was wrong I'm sorry to say frequently

we're taking action not only to write

something which is wrong but to up to

relieve upset feelings that's bad

secondly is it possible to sin in this

world that we're talking about of course

there's so much sin around us there's so

much evil around us however when the

more you understand human nature the

less inclined you feel to judge anyone

because there's so much stupidity so

much ignorance so much fear and so much

programming behind so much of what we

call sin that we've been rightly advised

to judge no one no one not even

ourselves Paul says that even he doesn't

dare to judge himself and thirdly is it

we who liberate ourselves or is it

Christ's grace Christ's grace is
available to everybody but you know
having Christ's grace available to you
doesn't necessarily mean that you're
going to get anywhere you got to do
something remember the story of that guy
who lit his pipe and burnt his beard and
they said you burnt your beard
he said I know but can't you see I'm
praying for rain well yes I mean the
rain is available but you better do
something so the idea is unfortunately
God's grace is available to everyone the
tragedy of the human race is not that
there's a shortage of God's grace it's
that there's a shortage of proper
understanding we got wrong ideas that
need to be corrected all right so that
much for your question so much for your
questions Jane let's get somebody else
isn't this fun getting people calling
from all parts of the states okay you're
on the line would you give me your name
again please Jeremias yes
but yes but well okay father I got it
you have a great deal of education and
travel in your background and while
these are not necessary for the

enlightenment as you define it I wonder
if you could comment on how they prepare
you as steps of growth to be ready to
accept the truths that you speak of okay
thanks Pat thanks for calling well does
an educational background prepare you
for this sort of thing no you need
common sense and intelligence which has
nothing to do with every audition
literacy or learning of any sort period
don't you get away with the thought that
a PhD is better equipped than a simple
illiterate peasant in the Andes
not for this not for this you'd be
amazed at how little intelligence
learn at people have you really would
you really would I mean it you've got a
deal with them you know yesterday a
friend of mine at Fordham University was
telling me that he really an
extraordinary book about the people who
sent some of these spaceships these
Rockets out to the moon and stuff from
their own confessions and interviews and
stuff they said you know it's tragic
that we were to able to produce all of
the scorp cooperation to send a rocket

onto the moon but we can't cooperate
with our families we don't know how to
do it we don't know how to get on with
our wives and husbands we see what I
mean you see what I mean and I've run
into peasants who know how to do it how
about that that is intelligence so
learning isn't the same as intelligence
at all you could have a lot of learning
and no awareness of yourself at all you
could know how spaceships function and
you wouldn't know how you yourself
function no great help for this what is
needed is not an educational background
but wisdom understanding intelligence
which is acquired by what I said to you
this morning
cutting scraping melting questioning
doubting if you never questioned if you
never doubt what they taught you you
never doubt what your culture gave you
how would you understand all of this all
right let's get another call yes you're
on the line welcome to the show Oh
father yes yes Michael Lee from the
Catholic chapel a Newman Center at the
University of Wisconsin Milwaukee Reid
thanks for calling Michael let's have

the question okay I got two questions

for you here uh-huh

the first question I'd like you to

relate your concept of happiness and

what is this to be human to God and in

the second question I'd like you to

clarify something I detachment for us

first of all now you said that our

desire is what's hands up

what about our desire for God and it's

got to be found in desirelessness and

moreover couldn't be a quick guide with

desirelessness okay and then the second

one is what about the would you say that

again please Michael I didn't get that

the second one all right okay let's

begin with the second one thanks Michael

okay thank you

yeah we begin with the second one which

is more difficult obviously a person

who's being physically attacked at home

is going to find it much more difficult

not to be upset than someone who

contemplates the world seen from his

window okay look I'm not saying this is

easy I'm saying it's possible and I'm

saying if you think it's impossible

you're never going to get there is it
possible that people would be tortured
and at peace yes I've seen instances of
this read an extraordinary letter from
written by a prisoner in nause Germany
who was tortured everyday and you know
he knows he's going to be executed the
most sublime and lovely letters that he
wrote to his family I read those letters
I said how would this be possible I read
this about 20 years ago see I know now
it is possible but let's make a
beginning journey of a thousand miles
begins with the first step let's deal
with the guy who breaks into the line
let's deal with the woman who's always
nagging you or with the man who's always
insulting you let's begin there and as I
said they're not causing the upset it's
coming from your programming you're not
causing the upset it's coming from your
programming give it a try it started see
what it does to you when you can
understand this again remember I'm
not saying that this would mean you're
not identifying wrong when you see wrong
I'm not saying that this does means that
you're not going to take action you are

but just seeing where the upset is
coming from is that clear enough all
right let's move on to the next one then
was there an almost pardon me
was there one which I forgot which was
that
oh the desirelessness michael you'd have
to be patient with me I'll deal with the
desirelessness soon okay you're on the
line I press the button or already would
you identify yourself great would you
give us your name again please Joyce
Joyce yes Joyce okay my question is
there's true happiness comes from within
a humanly desire and control for
happiness or does it come from the sole
desire to know God describe okay very
good we could tie in thanks Joyce we
could tie in your question with the one
of Michael the desire for God now you
know st. Thomas Aquinas the prince of
Catholic theologians at least was
unanimously considered the prince of
Catholic theologians still quite
recently says
oh you're you're pretty sophisticated
theologically I can see that says in the

introduction to his great Summa

Theologica he says about God we can say

this much with certainty that we do not

know what he is God is beyond the

knowing mind which is why we call him

mystery how does one desire what one

cannot and may not even conceive what

one speaks off in symbolical analogical

terms so you see when we talk about

desiring God we don't talk of God as an

object out there as a person out there

that we can fully conceive or understand

and so that doesn't fall in to what I'm

talking about because you're desiring

you know not what so frequently people

when they talk about desiring God will

set up some kind of an image and begin

to desire that image frequently but to

desire the unknown the unknowable that

which is beyond all human conception and

understanding the mystery on the mystery

what does that mean we have no idea so

as Michael said pretty well could we

equate that with desirelessness maybe

maybe not but for heaven's sake don't

get distracted by this now get on with

the task we could have all kinds of

theological discussions about the other

thing but in the meantime get on with
the task get on with self observation
self awareness self understanding self
liberation
then you will understand better beyond
understanding as st. Paul says what God
is well I'm not too sure that's much
clearer than when we began
but don't forget we're talking about God
look let me tell you a powerful little
story which will illustrate what I'm
saying everywhere I go I find people
fighting about God I find people killing
one another in the name of God
they're obviously not killing one
another in the name of God but the god
they think they know right well I'm
sorry I'm going to have to disappoint
you we've got five calls waiting let's
go take the calls first then I tell you
the story all right let's all right
you're on the line I'm calling from the
University of Texas at El Paso yes Jeff
thanks for calling do you have a
question for us yes we have two
questions you'd like that the first one
is it's concerning the blaming the

programming that's right Dave

how can we obtain maturity if we blame

the programming not being immature

because we're putting the blame on the

programming okay I'll lead to things

like the devil made me do it or I'm a

victim of society that's right okay and

is that all Jeff the the second question

is job well what is your concept of sin

in the role of Jesus being the Lamb of

God who takes away the sins of the world

okay thank you let's begin with the

second look I'd much rather not get into

great theological discussions now on the

Christian dogma and Scripture see that

would take us to far afield so with the

second one I'd rather leave it aside

because these are beautiful symbolical

expressions to express a deep reality

but where's the time to develop all of

that in the brief space of one day okay

now about the blaming do you blame your

programming no you don't blame your

programming you understand

now it's like saying you blame the devil

poor devil I mean you're blaming the

devil as Jeff says very well you're not

taking responsibility great

take responsibility but one must take
responsibility wisely okay remember how
I said the upset is not in reality it's
in you remember that don't keep blaming
reality it's in you but shall I blame
myself
but hey you haven't done it and it's no
maturity to blame yourself when you're
not to blame you're not doing it
deliberately this comes from your
programming so that's what I mean you're
not blaming your programming your
understanding that's that that that's
where it comes from when you bump your
knee into a table you must understand
that the pain is not in the table the
pain is caused by something that's
happening in your knee something's
happening in your knee and that causes
the pain the pain is not in the table
now when you bump into reality there's a
pain caused within you that pain is not
caused by reality but something that's
happening inside of you you're not
producing that deliberately who would
deliberately want to cause pain to
themselves now you have to understand

what that something is why is it that
with some people this process doesn't go
on or they've released themselves from
it

whereas with others it does this is a
responsibility to understand and as a
result of understanding to be freed from
it okay let's take another question yes

you're on the line yes Nancy with 150
other students from the rocky mountain
college student group gee that's

tremendous thank you a very heartening
and I have a question that was referred
to earlier about the victims of violent
crime yeah now I feel that painful

and a lot of confusion and isolation is
brought about by a situation like this
yeah and by having the idea that you

must be upset in a situation like this I
feel it's a very uncompassionate view
towards people all right like to know

how you would be able to cope with
dealing with someone who is not at your
level and how it'd be the best way to

approach a person like this and show an
empathetic view

okay thanks Nancy Thanks

what Nancy says it's so right you know

if when someone comes to you and is all
upset about let's say she or he is a
victim of crime and they're all upset oh
let's say someone's mother has died and
it's full of grief as you don't take the
attitude of oh you're grieving they're
upset there's something wrong with oh no
no no no no no you understand
look this poor person even if the grief
or if the grief comes from an attachment
if the pain the isolation comes from an
attack this poor person isn't causing it
have you understood that have you
understood me to say that they're not
causing it we could sympathize with them
we could understand them we can be
compassionate with them and gently when
they're ready explain where it's coming
from because ultimately we're not being
compassionate if we don't give them the
secret some day or other am i clear
enough they're like see you've come to
me and you're very upset because someone
has injured you
well I'll understand you I'll understand
where you're coming from I'll be
compassionate towards you but someday

sometime somewhere if you're ready I'll
slip you the secret that to me would be
true compassion you don't have to be
this way there's another way okay one
more question

welcome to the show you're on the line
would you identify yourself

[Music]

[Music]

okay that's pretty good yes all right
ready
thank you it's like isn't it the people
around us who have programmed us when we
were young they have but poor dears they
didn't set out with any malice to do
this to us they're the victims of what
other people had done to them you
understand so we're not swearing at them
we're not yelling at them again and
again I get people come to me was so
upset about their parents they can't
forgive their parents they hate their
parents all right I understand I'm not
saying that your parents did right well
they did wrong maybe they did wrong all
right but look could you understand them
because that's what love is all about
see love is not blaming others love is

not judging others love is not
condemning others love is understanding
can you understand where they came from
can you understand how this so little
malice there and so much ignorance and
so much goodwill and so much
helplessness and so much programming and
so much confusion and so much fear have
you ever posed to understand this oh
then you'll understand what it means to
love that'll change you too okay any
more calls hello you're on the line yes
hello John good to hear from you again
yes do you have a question for us John I
do my question is this I
ya know that that half my happiness does
not consist in my evidence consistent
being free of attachments and desires I
understand that Jesus himself could
experience fears and hurts and anger but
still not lose that Lotus place with the
father but my problem now is I also
believe that I happiness does not
consist in a very passive human
existence where I would become an
unfeeling zombie but I feel that somehow
in the middle is a passion and an

enthusiasm and a zeal that Jesus himself

we don't to becoming an attachment so

I'd like you to say something about

passion and enthusiasm and zeal well all

I can see John is our men - what you've

said amen I agree with that thanks John

remember what I said about the archer

huh when there is no tension and there

is no upset all of the forces within you

are Unleashed and now you will

understand what true joy is no you will

understand what true enthusiasm is now

you will understand what it means to

plunge into life with heart and soul

what John would call passion get right

into it surely because you're no longer

stabbing yourself with these programmed

emotions anymore let's take a couple of

questions from here anyone would like to

ask something all right would you stand

up please and yes my name is Peter

Barlow I'm from foreign University yes

Peter

I have a problem going along with the

idea that that we've been programmed to

be upset

it would tell me by looking at very

young children who haven't been

programmed yet with anything that
they're naturally upset and that we need
programming to to teach people how to
overcome upsetting this
all right that's that's pretty good what
Peter says is when you study young
children you see that they're naturally
upset they don't need any particular
programming to be upset okay first you
have a point there Peter you see little
children
become upset when they don't get
something which they think is vital to
them and which is necessary for their
happiness see then you know the way
after a while they forget all about it
or they grow up and they don't care for
it ah so cause number one you picked up
an attachment desire as I said this
morning but for the rest little children
you know you don't tell a little child
that it's a horrible thing not to be
approved by people couldn't care less
you don't tell a little child that you
know when somebody laughs at you it's
terrible you could laugh at a child ha
ha ha the child laughs back that's what

I've got to going to deal with in there
the last session the drug the drug the
drug the control when you're 2 years old
if they teach you you know when they do
this you're supposed to feel it good and
when they say the programming has begun
one more question from the hall then we
have two more calls waiting in Lynn
Breedon all right would you come up here
please my name is Eileen I'm from
Fordham University also yeah I just
wanted to go back on the point you made
where something doesn't upset you what
about in a case with like a prisoner of
war or someone who's got it's like
either Chumlee ill disease there's
really nothing that you can do for them
but you still feel upset for them how
are you supposed to get around that
feeling upset for about this person
okay Eileen that's that's pretty good
look I'd put it this way take the case
of the person who was told he had AIDS
and he only had six months to live and
was perfectly serene now you wouldn't
want to be upset when he is serene right
okay all right and then let's suppose
that someone who's not serene but who's

upset I say gee if you contemplated life
and you know it's coming to an end and
it has to come to an end if instead of
reading so many books we spend more time
looking out out the window like this
gorgeous thing you have here in the
states and in the West and the seasons
and you see those those leaves falling
and changing how much that tells you
about life when you've understood that
and you understand the flow of life well
he's upset you're not going to help him
by being upset yourself okay great
let's take the last two calls and then
we'll end the session all right you're
on the line we have three questions
first one is how would your what you're
saying
attack suffering with the way we caused
others deliberately to suffer huh if we
if we deliberately do something let's
deal with those questions quickly Marsha
because we were running out of time do
we ever deliberately caused someone to
suffer now I'm going to do this very
briefly okay it probably require an hour
so I hope I don't get misunderstood

but all the same I'm going to take the
risk and say it when you do damage to
someone you know the first person you're
damaging is yourself does this make
sense when you nurture hatred for
someone the one you're damaging the
first is yourself right now who does
this sort of thing crazy people who buys
a brand new watch for three thousand
dollars and put sand in it crazy people
who sits down to a meal and puts
powdered glass in the meal to destroy
themselves crazy crazy people killing
themselves so all right are you still on
the line hello okay all right thanks
Scott let's deal with the first one you
know people who have to seem to have
complete control of themselves through
hardening themselves not allowing
themselves to feel do you see the
difference between this and what I've
been saying to you today look we've got
two kinds of people people who refuse to
let themselves feel anything at all they
sort of harden themselves and they say
I'm not gonna care I'm not gonna care I
don't care at all that's one extreme so
they've hardened themselves that's no

great help

now the the kind of person I'm talking
about is the person who is upset but

through understanding transcends it go

gets over it right all right and that's

for Paul saying he does things that he

doesn't want to do etc he does say who

will get me out of this the grace of

Christ will get me out of it

now the grace of Christ comes through so

many ways you must not understand the

grace of Christ as being some substance

that is poured into you when you come to

a deeper understanding of reality is

that not the grace of Christ when you

understand yourself better is that not

the grace of Christ so there it is okay

so here we go

during the interval I was thinking about

those questions on religion something

very briefly on religion and that story

I promise do you remember and then we

were interrupted by the calls this is

this guy who invented fire the art of

making fire see and so then he takes the

tools for making fire and goes up to the

north where they have the stripes

shivering in the cold and he teaches
them the art of making fire and the
advantages and people become interested
they learn and what you know pretty soon
they're cooking they're using it for
building and before they had time to say
thanks to the inventor he had
disappeared he didn't want any thanks he
just wanted people to benefit from his
invention he goes to another tribe and
he attempts to interest them too in his
new invention when he ran into a snag
there see the priests began to realize
how popular the guy was becoming and how
their own influence on the people was
Dimmie was diminishing so they decided
to make a way with him it poisoned him
the suspicions arose among the people
that it was the priests who had done it
so you know what the priests did he had
a huge portrait made of the man they put
it on the main altar in the temple they
devised a liturgy by which the man would
be honored a ritual and year after year
people came to pay homage
the great inventor and to the
instruments for making fire and the
ritual was faithfully observed but there

was no fire no fire ritual remembrance
gratitude veneration no fire why do you
call me Lord Lord and fail to do what I
can tell you what's he telling us love
love that's what he said what's the
major obstacle to love what I've been
talking about today our programming are
obsessive attachments
that's what's blocking it as I hope to
show you during this session the best
religion in the world is the religion
called love not the religion call Lord
Lord who says that Jesus Christ himself
and we may never lose sight of that we
Christians talking about this matter of
Grace and our effort etcetera is the one
the lovely one of the the pious old Jew
who said one day to God he said God look
how faithfully I've served you all my
life right of course he had no answer
right says he himself to himself now
I've never asked you for anything right
right says he talking on behalf of God
of God and he says now I'm going to ask
you for just one favor and you can't say
no to me all my life I've served you
I've observed the law I've kept the

rights I've done good to people I've
observed your Commandments just do me
this one favor let me win the lottery
and then I can retire in peace and
security so he was convinced that God
would grant him his desire and he waited
and waited and waited and he kept on
praying every night and after six months
nothing had happened and one night in
ship
stretchin he yelled he said God give me
a break let me win the lottery and
imagine the fright he got when he heard
a voice reply
give me a break yourself buy a ticket so
that much for effort and grace buy a
ticket okay make sure you got your
ticket make sure you're using your
understanding don't expect miracles to
happen like you know see understand
change as a result of that so the first
thing has to do with religion the second
point I want to make before we end this
afternoon has to do with happiness I'm
going to tell you one of my favorite
stories you know sometimes a story says
more than a whole day's lecture because
it it sort of speaks to the depths

within us and this one certainly speaks
to mine this is a story of a guy who is
moving out of the village in India out
of his village and he sees what we in
India call a sannyasi the sannyasi is
the wandering mendicant the sannyasi is
the person who having attained
enlightenment understands that the whole
world is his home and the sky is his
roof and God is his father and will look
after him so he moves from place to
place the way you and I would move from
one room of our home to another well
here was this wandering sannyasi and the
villager when he meets him he said I
cannot believe this and the sannyasi
says what is it you cannot believe and
the villager says I had a dream about
you last night I dreamt that the Lord
Vishnu said to me tomorrow morning
you'll leave the village around 11
o'clock and you will run into this
wandering sannyasi and here I've met you
what else did the Lord Vishnu say - you
said the sannyasi and
man said he said to me if the man gives
you a precious stone he has you will be

the richest man in the whole world would
you give me the stone
so the sannyasi said wait a minute he
rummages in his little sack knapsack
that he had he said would this be the
stone you're talking about and the man
couldn't believe his eyes because well
it was a diamond the largest diamond in
the world he held it in his hands he
said could I have this and the sannyasi
said of course you could take it I found
it in a forest you woke up to it and he
went on and sat under a tree and the
outskirts of the village the man crushed
this diamond and how great was his joy
the way ours is isn't it the day we
really get something we really want we
ever stopped to ask how long it lasts
you got the girl you wanted right you
got the boy you wanted right you got
that car huh you got the degree you were
first in the university how long did the
joy last let's measure it I mean that
how many seconds how many minutes you
get tired of it don't you then you're
looking for something else aren't you
why don't we study this as valuable more
valuable than studying the Scriptures

because of what good is it to you to
study the Scriptures and crucify the
Messiah on the basis of them as Jesus
was if you've not understood this if
you've not understood what it means to
live and to be free and to be
spiritually well so the guy has the
diamond and then instead of going home
he sits under the tree himself and all
day he sits immersed in thought and
towards evening he goes to the tree
where the sannyasi is sitting gives him
back the diamond and he says could you
do

me a favor what says the sannyasi he
said could you give me the riches that
makes it possible for you to give this
thing away so easily boy I love that
story I love that story could you give
me the riches that makes it possible for
you to give this away so easily that is
what I've been talking about today the
world is full of sorrow the root of
sorrow is attachment the uprooting of
sorrow is the dropping of attachment the
understanding that attachment is a false
belief the first belief that any thing

or person can make you happy
true happiness is caused by nothing true
happiness is uncaused if you ask the
mystic why he or she is happy the answer
will be why not no block no obstruction
why not have you ever thought that if
something causes your happiness when you
lose that something your happiness will
be destroyed has it ever occurred to you
that if something causes your happiness
you will become possessive of that thing
you will become anxious lest you lose it
whatever that thing be learning
reputation good health life itself
how interesting the rediscovery of life
you will never live till you stop
clinging to life let go when you cling
happiness dies if your happiness depends
on anyone or anything that's not
happiness my dears
that's anxiety that's tension that's
pressure that's fear
the Japanese have a powerful tale for
this oh it's so powerful
this guy was running away from a tiger
comes to precipice and quite unwittingly
he begins to slide down that precipice
and as he's sliding he grabs hold onto

the branch of a tree that's growing
there a kind of a bush and then he looks
down there's no way of climbing up in
any way there's the tiger waiting for
him there and if he slides down he
slides down to his death 15,000 feet
what does he do he he has a few minutes
to live well he looks at that bush he's
holding on to and he finds it's a berry
bush he's holding on to it with one hand
and he plucks the berry bush a berry
from the bush with the other puts it
into his mouth and tastes it and the
story goes and it tasted so sweet isn't
that marvelous

I know friends of mine in the past two
of them at different intervals who were
dying and who said to me I began to
truly taste life and see how sweet it
was when I let go and I realized that
life is ending it was then that it began
to taste sweet so paradoxically we're
doing all the wrong things to be on to
be happy we're doing we've been
programmed to be unhappy anything we're
doing is going to make us more unhappy
because anything you do to become happy

it's going to make you more unhappy
because what are you going to do you're
going to change yourself you're going to
change others you're going to acquire
something if it you don't have to do
anything you have to understand drop the
obstruction drop the false belief and
the attachment will drop then you'll
know what happiness is
that's so easily said if you wouldn't
meditate on that for days and you would
experience some of its truth then you
don't need to listen to me or to anyone
else you have it you've learnt it you've
seen it you're attached only because you
falsely believed that without this thing
or person or situation or event you will
not be happy you falsely believe that
see it's falseness and you will be free
how simple and here we are scouring the
earth running everywhere in search of it
we had it right here at home and did not
understand it and we listened to all
kinds of sermons and we studied all
kinds of books and we went to all kinds
of churches and but we never heard it
we never recognized the Messiah he was
right there it was right there staring

at us right under our nose
we didn't see it alright I trust that
some of you will some of you won't maybe
but maybe some of you will that much for
happiness that was point to the first
had to do with religion the second with
happiness the third with human relations
let's wrap that up you're having trouble
with people you find somebody selfish
moody unreliable rejecting stupid
intolerable irresponsible you name it
think of troubles you have with human
relations you know the root of all those
problems hold on to your chairs you they
know you you you having trouble you're
the cause how come you're affected you
know people come to me and say and say
sorry to say it doesn't make for much
practice where a counselor or a
spiritual director is concerned but who
wants much practice I mean if the big
doesn't want to learn to sing let him go
somewhere else see it say he do you want
to change hey wait a minute you didn't
understand me he do you want to change
but look there's something wrong with
you you're upset right right do you want

to change

no bye go somewhere else I don't have
anything to offer you

I really don't I really don't you know
what you're doing you're coming to me
and you're saying doctor I've got
stomach cramps it's awful it really is
awful then I as your doctor I'm saying
you know I'll prescribe something for
your wife okay okay and you're saying
gee that already makes me feel better
doctor thanks that's not crazy you're
having trouble with your wife and you
want me to change her who's having the
trouble you right will remove the
trouble the cause of the trouble you
but they don't understand this they've
been brought up to think that everybody
else has to change and the whole world
has to change for them to be happy so
you don't understand it if you're upset
there's something wrong with you let's
clean that up first but you mean she's
not wrong she is wrong you mean she
shouldn't change of course she should
but you're not the guy who's gonna
change her you know because you need
change first

how about are taking the beam out of
your eye then you could take the speck
out of hers huh huh how about your are
taking the beam out of your eye then you
could take the speck out of the
community's eye out of your family's eye
or whatever you're upset something wrong
with you you're not even seeing her you
know why because when you're upset your
telescope is out of focus when you're
upset your window is blurred and fool
that you are you're going now to
straighten out all the buildings because
your window is blurred with the rain so
you kind of straighten out the buildings
could we clean your window first we
gotta straighten out them but could we
clean your window that's what I'm
attempting to do for you clean the
window then we know what needs to be
done and what doesn't need to be done we
see people not as they are but as we are
and it's amazing you know how in the
beginning we saw rude people then when
we change we see frightened people
they're so scared for things they've
driven to hostility then you're so

understanding is so compassionate
whereas before you'd react with anger
with hate here in a minute why is he
being rude you're too upset to see
you're too upset to realize could we
clean you up
oh no no you've come to me so that I can
prescribe medicine for the rest
and so you see my dears we're all in the
change business aren't we we want to
change ourselves we want to change the
world
that's all that's what our stupid
programming has done to us you got to
change everything
without first understanding anything
what you need is not change you need
understanding understand yourself
understand others and good to say
something it's perfectly scandalous but
it's true you're not here to change the
world you're here to love the world and
by them you don't want to love the world
you want to change it you know what it
means to love what it means to love is
to see to see you how can you love what
you don't even see and how can you see
when you're upset how can you see when

there's any strong emotion here comes
another shock positive or negative
coming in the way they say love is blind
rubbish there's nothing so clear sighted
as love the most clear sighted thing in
the world

attachment is blind because it's stupid
because it's based on a false belief and
they call that love I'm in love with you
I love you what you love me you love
yourself you know what in love means in
love means I want you for me in love I
am in love means I'm possessive of you
to be in love with you means I want you
for me I'm not going to be happy without
you i emotionally depend on you I can't
be happy without you that's a drug
that's a disease your culture and mind
tells us it's the supreme virtue it's
garbage but who dares to
say this you're blind you're full of
yourself when you're in love ever
thought of that
you don't see the other person you've
projected a hopeful image onto that
person and that's what you're loving
hopeful when we're not expecting

anything from the other person we don't

say we're in love

boy you got lots to meditate on I'm

afraid I'm giving you too much but

anyway there it goes

relations you're having trouble relating

with others take a look at yourself ask

yourself why you are upset where is it

coming from your programming that's

where I sometimes been amazed in the

past that people who would irritate me

by their behavior don't seem to irritate

others who are far far better than I am

I mean how come he doesn't get irritated

when exposed to this behavior how come I

do there's something wrong with me

and here I was busy trying to change her

or him or them now when I'm not upset

oh then that's fine that's fine then I

might suggest things that I might do

things now I'm qualified to enter into

the change into any activity involving

change but not till then not to live my

telescope is out of focus oh there's a

great secret for human relations how

much it has helped me how much it has

helped me anytime I'm having trouble

with anyone if I am upset to say hey

Tony there's something wrong with you
how about you and I sit down and take a
good look at it okay okay
but I'm still dying to say oh no no
you're upset right this isn't coming
from him not coming from you coming from
your programming
see all of a sudden all of a sudden this
perspective there's distance there's
understanding there's love at last and
all that could be quite hard you can be
quite hard love can be quite hard but
love is fair love is just love sees love
is not prejudiced okay so much for human
relations a word about control a big lie
that we were told when we were kids is
the following you need to be loved or
when you're a kid yet granted okay let's
not quarrel about that but you mean
you're 64 years old and you're still a
kid you're 25 years old and you're still
a kid you're 18 years old you're still a
kid and you know what they're telling
you you need to be loved you need to be
a success you need to be approved you
need to be appreciated you need to be
affirmed

you need rubbish and everybody's
believing this I'll tell you what you
need there's only one need and believe
me this is coming well all right you
could say I'm wrong fine
this comes from many years many years of
lots of reflections there's only one
need is only one emotional need and that
is to love to love no other no other you
mean I don't need to be loved wait a
minute may I know what you're talking
about when you say to be loved are you
talking of to be desired
I'm gonna pause here is that what you're
talking about you need to be desired
that's what everybody's talking about no
one seems to desire me you want to be
desired and you want all the
consequences of that with all the
control in the manipulation etc is that
what you're talking about you need to be
appreciated good watch this one I'm
gonna dramatize it for you may bring a
little more action
you know I I meet it's amazing you know
once you begin to understand yourself
you begin to understand people and
sometimes it's amusing your thinking

here comes old so-and-so watch I'm gonna
make him happy okay
hey Tom you look great this morning my
god you look 20 years younger come so
happy that was a great sermon you gave
you know he's thrilled you could twirl
them around your little finger maybe
you've done it huh you could do anything
with these human monkeys just tell them
you like them and tell them something
good about them then a bit will be they
love you what they call love of course
monkey love huh you know what that love
is watch you be good to me I be good to
you okay you give me what I want I like
you okay you don't give me what I want I
just like you okay this is supposed to
be love if you please huh this is what I
call a good bargain you find this in the
marketplace on Wall Street huh
supposed to be love and nobody is
telling us this
nobody's analyzing this Felicity's very
few I never heard anybody behave what
you're calling love is a bargain it's an
exchange it's a bottle it's a business
deal I'm reading books and marriage

written by all kinds of religious people
they don't seem to have the slightest
notion of this you be nice to me I be
nice to you

you're not nice to me you betray me
you're disloyal to me you're unfaithful
to be naturally I'm angry with you and
I'm upset and everybody sing right
naturally naturally you call that love
so

here comes the computer press the button
the red button he goes up oh he's so
happy you praised him criticize him
press the blue button criticize him bang
he's on the floor

you'd like to be that way you got books
on psychology you know written by the
most prestigious psychologists in the
world telling you that that's the way to
be when they tell you you're okay
naturally naturally it's supposed to be
great and when they tell you you're not
okay

naturally it's supposed to feel down but
do you know this is supposed to be human
natural I call it being a machine you
know the way I read a story the other
day of a woman who says to her teenage

son she says would you like what is
marry finding you what does she like in
you he says what Mary likes in me is a
that I'm handsome B that I'm intelligent
and see that I'm great company and his
mother says and what do you like in Mary
he says what I like in Mary is that she
finds me a intelligent B and you know
quality number one that I like in you is
that you like me

how's that now huh this so stupid
believe me if you just tell them you
like them they'll like you that's how
stupid they are computers machines
mechanical reactions why don't you buy
your newspaper somewhere else
look how rude he is to you why should he
decide where I buy my newspaper why
should his behavior decide what I do
with my life isn't that beautiful
but as for you you must be like your
heavenly father all loving and all
compassionate for he makes his Sun to
shine on good and bad alike where you
know and on saints bakes his rain to
fall on saints and sinners alike if you
only greet those who greet you you're a

monkey like the rest you're a computer
and mechanical if you only like those
who like you it was right there how come
we didn't find it out remember what I
told you this morning it was staring me
in the face
and I hadn't seen it take a little child
six months old and inject heroin any
drug into the body of this child okay
and you keep injecting the drug into
this child and after a while the whole
body of the child is craving for the
drug craving desperately for the drug
see it hasn't been brought up on good
healthy nutrition it's been brought up
on the drug and so when you deprive the
child of the drug the poor child goes
through the Agony's of death the body of
the child okay ready for a surprise
that's what happened to you and me to
all of us they've drugged us when we
were kids they didn't bring us up on the
healthy wholesome nourishment of play
and work and beauty and the the
pleasures of the senses and as we grew
older the pleasures of the mind no oh no
they gave us a taste for the drug called
approval a drug called success a drug

called making it to the top
achieving affirmation
triumph victory they gave us power
reputation fame prestige they gave us
this drug and you know something we
began to feel good it was kind of a
giddy feeling a great feeling when they
were applauding us and we started
thinking well it was great to be famous
it was great to be successful it was
great to be made much of it was great to
be popular result as we began to grow
they could control us any way they liked
you know all you have to do is with
withhold the drug boy if you haven't
gone through this I salute you they
don't approve of you how uneasy you feel
how risk is they criticize you they're
not affirming you withdrawal symptoms
you're crawling back for reassurance and
your psychologists are writing books
telling you this is the way to be this
is the way to be more of the drug more
control now you know as a result of
doing this you've lost your ability to
love because when you need someone you
cannot love that person do you know why

because you can't see that person
anymore when a politician needs votes he
stops seeing people when a business
woman or a businessman becomes crazy
over money they stop seeing people when
I want something out of you I'm not
seeing you I want to get something out
of you and you know my dears it's so bad
that 24 hours of the day consciously or
unconsciously we want something from the
people around us we want their approval
we dread their disapproval with scared
they'll reject us we're scared than what
they think of us how could you love
people like this
when you're so dependent on them
emotionally oh we got to depend on one
another's they'll tell you grandly of
course we've got to depend on one
another we do that's how society is
built up we share the labor we share our
charism that's marvelous I have nothing
against that kind of dependence the evil
is to depend on another for your
happiness to depend on another for
learning for technicians or technical
skills for food that's fine that's fine
for cooperation in the world that's

wonderful to depend on another for your
happiness that's the evil now you cannot
love give it a thought later when you
have time and leisure until you stop
depending on others till you die to the
need for people when you first get in
touch with this you know it's terrifying
because you suddenly become alone not
lonely alone it's a strange feeling you
suddenly understand what you've been all
along but you never saw it and you
suddenly realize how lovely it is to be
alone not to need others emotionally and
for the first time you understand that
you can love people you don't need to
bribe them you don't need to manipulate
them you don't need to impress them you
then don't need to placate them at last
you can love and for the first time in
your life you are incapable of
loneliness cannot be lonely anymore you
know what loneliness means it means a
desperate need for people to the point
that you're unhappy without people
loneliness is not cured by human company
loneliness is cured by contact with
reality by understanding that we don't

need people we don't need them at last
you can enjoy them because you don't
need them there's no tension you know
what it means to be with people and to
have no tension because don't give a
damn whether they like you or they don't
like you what they think of you you know
what that means
oh what a freedom what a joy they could
think what they want they can say what
they want that's all right you're not
affected you got the drug out of your
system I know yes you're still in the
world but you're no longer off it they
can't control you anymore
and all of a sudden you have nowhere to
rest your head the foxes have holes the
birds of the air have their nests but
you're not resting your head anywhere
you don't need to because you don't
cling anymore that's when love begins
well I've given you so much to meditate
on quite a wrap-up huh guess I got
carried away I learned with a little
parable and which if I had to choose one
of the thousands of stories I know I
would choose well I would call my
favorite story and we learned with that

too bad that I cannot get any more
feedback from you and we cannot take
those calls but well there's a limit to
everything
hope to see some of you at least in the
summer in the longer courses that I have
I have time to develop these a little
more systematically and a little more
calmly as stuff well the parable a group
of tourists sitting in a bus they
passing through the most gorgeous
countryside the drapes are drawn in the
bus nobody sees a thing and what do you
think the people inside are doing the
fast asleep some of them and others are
obsessed with who's the best dressed
woman in the bus who's the guy who's
sitting in the most respectable place in
the bus and the quarreling about this
and so it goes on to journey's end and
none of them have seen anything of this
gorgeous countryside what do you think
most people are spending their lives on
on impressing others that's a lot and
making sure they're not criticized and
getting affirmation I wonder how many
human beings there are who 24 hours of

the day consciously or unconsciously are
not obsessed with this

I wonder very few

consequence result very few people live

talk about the rediscovery of life you

will never rediscover life till you

understand this falsehood which our

culture our society I'm sorry to say to

some extent even many of the world

religions are perpetrating they're the

enemies of life and here comes the story

there was a lion who was who grew up in

a flock of sheep and had no

consciousness that he was a lion what do

you know he didn't know he was a lion

and one day you know he would bleat like

a sheep he need grass like a sheep and

one day they were wandering at the edge

of a big jungle when a mighty big lion

let out a roar and he leapt out of the

forest and right into the middle of the

flock and all the sheeps

scattered ran away and imagine the

surprise of the jungle lion when he saw

this lion there among the sheep so he

gave chase we got hold of him and there

was this lion cringing in front of the

the king of the jungle and the lion said

to him what are you doing here and the
guy said sorry have mercy on me don't
eat me have mercy on me but the king of
the forest dragged him with him come on
with me they took him to a lake and he
said look so the lion who thought he was
a sheep looked and for the first time he
saw his reflection he saw his image then
he looked at the other lion and he
looked in again and he let out a mighty
roar he was never a sheep again took one
minute

well my dears maybe in the course of all
my talking one or other of you will have
looked and seen through all this network
of Lies and conditionings and
programming that we've been subjected to
and has had some inkling into who they
are well then this day will have been
worthwhile I certainly thank all of you
for coming here it really has been a joy
to talk to you people and maybe someday
somewhere we'll meet again thank you

[Applause]

[Music]